

Price assumes command of Eastern Sector MEPS

Marc McCormick
El Morro

Colonel Barrye L. Price is the Eastern Sector Commander for the military's Military Entrance Processing Command.

An Army colonel, with three masters degrees and a doctorate in history, Col. Price brings experience from the U.S. Army, a presidential task force and numerous line unit assignments.

Throughout his career, Price has learned the value that he expresses in the inspirational poster he designed for his units called - FLAG.

It was in 1999 - "I wanted to come up with something to remind the men and women of my battalion of their responsibilities beyond just their duty day," Price said.

Price was visiting the San Juan MEPS as part of his assumption as Eastern sector Commander. "I am honored to be your eastern sector commander," he said. "I've had a wonderful experience thus far..."

His purpose was not only to just inspect the various MEPS under his command but also to deliver his message.

"I want to talk about FLAG," he said. "You have all seen the FLAG (poster) and

I've seen it in all the offices of the MEPS. This is designed to ask you to embrace this as a way of life. I embrace it as a personal philosophy."

Price then led his audience through the reasons for the various elements of the poster. It contains a photo representative of all the branches of the service. Then he got down to the meaning behind the acronym FLAG. He began with family.

"You all enlist people in this station everyday," he began. "...The reality is, the next four years they (the enlistees) will probably be married and it's going to be their family that's going to convince them to reenlist. If the family has a good experience, they will encourage the person to stay."

Family played as a recurrent theme through his talk.

"How do you work in MEPS? If you like the environment and it's a familiar environment - it feels like family. You are safe and feel cared about; you feel loved, feel respected, and, guess what? You'll stay on the team. Even if you don't like the salary; don't like the position; even if you say there aren't a lot of opportunities, you'll stay on the team because you like the environment."

Next, he addressed leadership.

"Leaders are not just the commanders," he said. "As in respects to leaders, I expect the same thing - they lead from the front. They are going to coach; they're going to teach; they're going to mentor."

Then emphasizing his another point of leadership, he said - "I expect your leaders to be great examples. I expect that they will never accept defeat."

The "A" in the FLAG stands for ambassadorship. "This is something that everyone can be," Price said. "It is important to remember these guys and gals (applicants) are watching. Always be a positive roll model. You make them feel great about the choices they make."

The "G" in the FLAG represents growth. Price was emphatic that the way to success was through personal growth, as a Soldier and as an individual.

Recognizing the potential in oneself was essential, he said, and he encouraged the men and women of the MEPS to tend to that process.



Marc McCormick

Col. Barrye L. Price recently assumed command of the Eastern Sector. he visited the San Juan MEPS as part of an orientation tour.

Price had chosen a quote from the late baseball player Jackie Robinson to encapsulate his philosophy. Quoting Robinson - **See MEPS** ————— **Page 19**

Each of us carries a piece of the dream

El Morro Staff

Editor's Note: January commemorates the life and teachings of Dr. Martin Luther King Jr. The following are the edited remarks of Edwin Dorn, undersecretary of defense for personnel and readiness.

... You should know at the outset that I am speaking with a certain amount of trepidation.

You see, I've never quite known how to commemorate this occasion. I've given several speeches about Martin Luther King's legacy over the years, but I've never been satisfied with them. So what I'd like to do today is think out loud about this question: How best can we honor a man whose legacy is both specific and universal, a man whose identity is tied to race but whose achievement was to move his country beyond its preoccupation with race?

Let's start with that December day in 1955 when Rosa Parks was arrested for refusing to yield her seat to a white man who had boarded a bus she was riding in Montgomery, Ala. Martin Luther King Jr. was a very young pastor, just 26 years old, when he organized the bus boycott to protest that incident.

The boycott was based on a simple proposition: Black people who pay to ride a bus should not have to yield their seats to white people. Two things are interesting about that proposition. One is that it seems irresistible, so morally obvious that no one with half a brain or half a conscience could possibly see things differently. The other is that that simple, obvious proposition had

been resisted for many decades.

Now, what did Dr. King do? He was able to tap a deep well of righteous anger — a well filled with the tiredness and the tears of thousands of black women who for decades had known that something was wrong, but did not know how to rectify it.

The implications of that 381-day boycott went far beyond correcting the indignity that Rosa Parks and other black bus riders in Montgomery suffered daily. Dr. King found, in a single obvious wrong, a symbol for a whole world full of wrongs. It wasn't just a seat on the bus. It was accommodation for the weary traveler, a ticket to the movie theater, a vote, a right to compete for any job for which one was qualified. Thus Martin Luther King Jr. helped us see a world of injustice in one grain of insult.

Dr. King displayed moral leadership, but he also displayed a consummate public affairs skill.

We haven't had a leader of Dr. King's moral power for a long time now. This is not surprising. Great leaders are by definition rare.

Three things distinguished Martin Luther King Jr. One was his courage -- his willingness to act on his convictions in spite of the costs and the dangers. Today there's no shortage of people who lecture us on moral issues. Some of them have built media empires, others have sold millions of books, still others have won a lot of votes for political office. But you know something that virtually none of them has

See King ————— **Page 19**



Marc McCormick

Let it snow...

All the offices who participated in the holiday Christmas decorating activity put on great shows. The theme this year was "Winter Wonderland." The winning office was Resource Management. Pictured above are the staff of RMO along with Col. and Mrs. Stephen M. Ackman and other judges of the contest. The best quantity and quality of decorations and unique use of materials went to runner-up DPW. The best snow and winter representation was "Snow Bubbles" by ACS. DOL had the most unique "comfort of Christmas." The most spirited "jolly Santa" was EEO. The most festive "let it snow" was DOL.

FROM THE COMMANDER:

The Fort Buchanan Mission — Enable customers to succeed by providing sustainable Base Support and excellent services.



January: The beginning of a new year and new successes.

The United States Army Garrison and Fort Buchanan wishes each and everyone associated with this post a happy and prosperous 2007.

The year 2007 continues transition for Fort Buchanan. The Garrison staff continues the never ending strategic planning for the post. While the installation strategic plan is in place each directorate fashions and prepares plans to support installation goals. "The Federal support center of the Caribbean," continues as our vision. This vision is designed to be short, memorable and clearly identify our future direction. It reflects that Fort Buchanan is the last remaining Department of Defense facility in the region, our senior mission command directed missions and the reliance of the greater federal agency community on the support assets of the installation. As if to underscore the point we know that 27,984 vehicles were inbound during the week of Dec.

3 to 9 at the main gate alone. This post is getting a great deal of use by those eligible to use it — as it should be. We know those figures will be much less during January as the massive holiday activity declines, but the numbers are remarkable.

AAFES reports we will have a ground breaking for the new car care center/gas station/shoppette this month. So, by the fall of this year we should be enjoying the fruits of this expected improvement. The new surface for Pee Wee Field should be complete by the end of the month (weather permitting — the asphalt surface must be completely dry before applying the top knee saving surface we all look forward to). We are still in a long line for specifics on BRAC construction (new Armed Forces Reserve Center). During 2006 we were informed we were moved up in planning for a new Child Development Center — hopefully 2007 will

yield some specifics and facts we can later report to you. Antilles Schools continues to work to move up planning for the new Elementary School. As the year develops and takes shape and more specific plans and facts come forth we will report them to you.

Many of you have faced the unpleasant task of obtaining a temporary pass to enter the post. You don't like to wait and we don't like making you wait. We encourage all eligible to register vehicles so that you may enter the post without the unpleasant, but necessary task of temporary registration. It will save us all time and expense.

From Jan. 2 to Dec. 17, 2006 you communicated 875 ICE comments, some good and some bad — but all information we need to work at improving conditions and service. The garrison encourages all to use the internet ICE system or hard copy cards to give us your feedback. If you provide contact information the standard

is to reply to you within 72 hours — even if the answer is "we'll get back to you" because further work or research is necessary. If you hear others complain or compliment please encourage them to tell us through ICE. Our Army has been plagued in the past year with an increase in loss in fatalities and injury due to accidents. Let's make an extra effort in 2007 to think safety. In a hostile environment, warfighters must have situational awareness at all times. In our everyday life we must have safety awareness so like a warfighter we can avoid danger. Whether you are uniformed, a civilian employee, a retiree or family member work to bring a safety consciousness to your everyday activities in 2007 and we will all benefit.

We all look forward to a good and productive 2007.

New Secretary of Defense addresses military members

El Morro Staff

It is an honor, and a humbling responsibility, to take the helm of this Department in a time of war and to lead men and women who have dedicated their lives to protecting our country. In the coming weeks, I will visit some of the key military posts and commands at home and abroad, as well as consult with this Department's senior civilian and military leaders and staff. I look forward to meeting and hearing from the Soldiers, Sailors, Airmen and Marines who are the true heart and strength of America's Armed Forces. As the President has asked for my unvarnished advice, I expect the same of you.

Over the years of leading big institutions, I have learned something important: Leaders come and go, but professionals endure long after the appointees are gone. The key to successful leadership, in my view, is to involve in the decision making process, early and often, those who ultimately must carry out the decisions. I will do my best to do that.

This department is always engaged in a host of different activities that aid our nation's defense. All are important, all are valuable. The most important issue we face is the situation in Iraq. By removing the brutal and dangerous regime of Saddam Hussein, and

by confronting the extremists and insurgents who have sought to derail any progress since, the United States and our coalition partners have provided the Iraqi people a unique opportunity to have a decent future.

The violence in Iraq must be contained and reduced. Failure in that part of the world would be a calamity that would haunt our nation, impair our credibility, and endanger Americans for decades to come. A successful outcome in Iraq, one that will help protect our nation and serve her long-term interests, will require all elements of American's national power to work more effectively together, in cooperation with allies and partners in the region.

Afghanistan has made great strides since being liberated five years ago, but that progress is now at risk. The United States and our allies have made a commitment to prevent the Taliban from taking over Afghanistan again. We intend to keep it. How we face these and other challenges over the next two years will determine whether Iraq, Afghanistan and other nations at a crossroads will pursue paths of gradual progress, or whether the forces of extremism and chaos will become ascendant.

As we address these challenges, it is important that we carry forward the process of

what has been referred to as Defense Transformation.

President Bush made it a priority at the beginning of his administration to help our military become more agile, more lethal, and more expeditionary. Much has been accomplished; much remains to be done. This task remains a necessity and a priority today. It is also essential that we make every effort to ensure that tax dollars are spent wisely and carefully, and we continue to maintain and enforce ethical standards of doing business.

In a department as large as this one, neither task will be done perfectly, but it is important that we strive to do our best. Our country is at war. I take this job with the knowledge that my decisions will have life-and-death consequences for America's troops, as well as their families.

I have accepted that responsibility, and will never forget it.

To all of the men and women of the U.S. military — You serve in the finest traditions of those who have worn this nation's uniform these past 230 years. It is a high honor to serve with you as Secretary of Defense. May God bless you and may God bless the wonderful country we have sworn an oath to protect.

Robert M Gates, Secretary of Defense



File Photo

Robert M. Gates is the 22nd Secretary of Defense. Prior to this, Gates served for 26 years in the Central Intelligence Agency and the National Security Council, and Director of Central Intelligence. After leaving the CIA, Gates became president of Texas A&M University.



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NSPS system coming to Ft. Buchanan in early 2007

NSPS 101 —learning the basics of pay

El Morro Staff

Editor's Note: The following has been taken from the CPOL NSPS 101 Web site. There will be a continuing series of articles dealing with NSPS. Employees are reminded they should have already taken the on-line course. Any questions should be addressed to civilian personnel.

How pay is determined —

One of the easiest ways to describe what makes up pay under NSPS is to compare it to pay under the GS system. The GS system added Worldwide Base Rate to locality pay or Special Rate Supplements. NSPS pay is the sum of Worldwide Base Rate and local market supplement.

Worldwide Base Rate —

Under NSPS, your pay band determines your base rate. A pay band covers one or more of the grade levels used under the GS system, allowing a wide range of pay within each band.

For example, Pay Band 2 of the Scientific and Engineering Career Group, Technician/Support pay schedule covers a base salary range with a minimum and maximum rate of \$31,290 to \$54,649. This range equates to the salary range held by employees occupying GS 7–10 positions under the GS system today. Employees occupying positions in

Pay Band 2 can receive a base salary anywhere within the pay band.



Performance affects pay —

Because NSPS is a performance-based system, your performance determines your pay.

On an annual basis, your organization receives funding that is set aside for performance payouts. Your performance payout can be in the form of a base salary increase, a bonus, or combination of the two. The decision on whether to award your performance payout as an increase to your current base salary or as a one-time bonus payout is made during the pay pool process.

Pay band rate range adjustments —

Each pay band has a rate range (minimum and maximum pay for the band). At a minimum, rate ranges receive an annual review, but the Secretary of Defense can make adjustments at any time during the year. If the Secretary increases the mini-

mum of a rate range, you will receive the percentage increase, provided —

You have a level 2 (Fair) or higher performance rating, AND, You are not at the maximum of the pay band's new rate range.

Local market supplement adjustments —

On an annual basis, DoD reviews local market supplements. Initially, adjustments to it are the same as your locality pay salary rates under the GS system.

In the future, DoD will make adjustments based on factors such as —

- Mission requirements.
- Labor-market conditions.
- Availability of funds.
- Allowances and differentials such as those paid to employees overseas and in Alaska and Hawaii.

• Similar pay adjustments set by other federal agencies.

You are only eligible for LMS adjustments if your performance rating is higher than 1 (Unacceptable).

Safeguarding fairness in the Pay-for-Performance process —

You may have concerns regarding the fairness of the pay-for-performance system. NSPS provides several ways to ensure that the performance rating process and the resulting performance payout is equitable and

fair to all employees.

Supervisors and managers receive initial and ongoing training.

Your supervisor works with you to develop performance expectations.

Supervisors are accountable for rating you fairly.

Supervisors are evaluated on how well they conduct their performance management responsibilities. Their effectiveness, like yours, is an important part of their performance rating and payout.

Performance ratings are reviewed during the pay pool process by the pay pool manager to ensure consistency, accuracy, and fairness.

Pay for promotions —

Under NSPS, a promotion is a temporary or permanent move to a position in a higher pay band. When you receive a promotion, your base pay increases by a minimum of 6 percent and, with management approval, may increase up to 20 percent.

Your base pay cannot be lower than the minimum or higher than the maximum of the pay band

of the position to which you are promoted.

If your promotion is temporary, your base pay reverts to that of your permanent position upon your return, plus any increases you may have been eligible for while in the temporary promotion.

Pay upon reassignment —

Reassignments occur when you move to a different position within your pay band or to a position in a comparable pay band on a temporary or permanent basis.

There are four kinds of reassignments —

- Employee-initiated.
- Management-directed.
- Adverse actions.
- RIF.

Reduction in pay band —

A reduction in pay band occurs when an employee moves, voluntarily or involuntarily, to a position in a lower pay band. When an employee voluntarily moves to a lower pay band, management may decrease or increase the employee's salary within the assigned pay band.

Compensation continued next issue...

Post Talk

Training course...

Managing Multiple Priorities training course will be offered Feb. 27, Bldg. 511 at Ft. Buchanan.

The eight hour course will be 8 a.m. to 4 p.m..

There is no tuition and travel and per diem is to be paid by the employee's organization.

Register by Jan. 27 through CHRTAS — <https://www.atrs.army.mil/channels/chrtas/default.asp>.

Send your 1556 to Rafael Contreras at rafael.contreras@us.army.mil.

Nominees will be notified by email of their selection.

Pet registration...

The Ft. Buchanan veterinary staff reminds Buchanan residents that registration of all pets is mandatory whether or not you use the garrison's vet facility.

You must provide proof of annual vaccinations by a licensed veterinarian.

Micro-chipping your pet is mandatory. Heartworm positive pets need to be treated.

Call 707-2038 to schedule an appointment or for more information.

Scholarships...

While looking for money for school, many servicemembers, veterans and their families tend to overlook the \$300 million of military and veteran related scholarships and grants.

Visit Web site www.Military.com/Scholarship_Finder to get quick tips to help your search.

Not applying for scholarships is like turning down free money.

CFC contributions...

The 2006 CFC Campaign raised \$21,188.80. The participation rate increased to 26 percent.

I want to thank everyone who participated in the effort.

The greatest benefit has been the personal satisfaction we feel knowing that we made a miracle happen in someone's life — Cecille Washington Iglesias, CFC Chairperson.

Leave request...

Kerubin Cruz, administrative support assistant, DES, is requesting leave donations.

If you would like to donate leave, complete form OPM 630-A (within agency) or OPM 630-B (outside agency) and send it to Ana Zavala at CPAC, Bldg. 390, 218 Brook St., Ft. Buchanan PR 00934-4206, or, fax (787) 707-3580 (DSN 740-3580).

Life consultant...

The Military Family Life Consultant Program offers free, anonymous deployment support to active duty Soldiers, National Guard, Reservists and Army families.

Services include workshops, group discussions, personal consultations, activities and organization tips.

Blood drive thanks...

I want to thank all who supported our blood drive for 4-year old Joseph Leonel Rodriguez Robles.

28 pints of blood were collected, an awesome Christmas gift of life for this child.

You can still donate blood and platelets at Banco de Sangre de Servicios Mutuos, 662 Ponce de Leon Ave., located across from Auxilio Mutuo Hospital.

Remember to tell them you are donating for Joseph Leonel Rodriguez Robles hospitalized at Hospital Municipal de San Juan — 1st Lt. Hector Prieto, 301st MP Co.



Back to school time...



El Morro Staff

The first step to enrolling students in the Department of Defense Domestic Dependent Elementary and Secondary Schools Puerto Rico District is to make sure you are eligible. To do this, sponsors have to visit the district registrar's office, Bldg. 566, Ft. Buchanan.

Eligibility is verified each school year. Prior to registration, sponsors need to fill out a DoDEA Form 600. Military sponsors need to present their current orders. If orders are on file, you must verify, with the district registrar, that it is your current orders. DDESSPR will not accept orders that are more than three years old (36 months). If your orders are more than three years old, or expire before the beginning of school, you need to provide amended orders or a memorandum from your commander, stating how long you will be stationed in Puerto Rico.

Federal civilian sponsors must have a certification letter from their agency prior to enrolling a student.

Once a sponsor has completed DoDEA Form 600, the district registrar will verify eligibility and forward the approved 600s to each respective school with an approved list of eligible students. The schools will use this information at annual registration to enroll students for the following year.

It is recommended that sponsors fill out Form 600 with the district registrar prior to registration dates, as this will avoid waiting on line at the registrar's table during registration.

If you do not fill out Form 600 and check your eligibility prior to registration, your name will not be placed on the list of eligible students.

It is mandatory for the sponsor to sign DoDEA Form 600 and Supplemental Form 600. Many spouses show up at registration without the signatures of the sponsor. In the past, we have allowed parents to register without the sponsor's signature. However, this practice will stop with registration for school year 2007-2008. We have found that sponsors do not take the time to stop by and sign Form 600 after their dependents are already enrolled. Spouses can sign forms if they have a Power of Attorney or sponsors are deployed or serving an unaccompanied tour of duty (orders are required).

If any required documents are missing, sponsors will not be allowed to proceed with enrollment.

Buchanan celebrates Native American Heritage Month

Marc McCormick
El Morro

Native American can cover a lot of territory as evidenced by the number of tribes, or bands, that have existed across the United States.

These people, and their relationship to each other, seem to be fragmental when there is a good anthropological reason to say all these people are of the racial unit called Tinnéh.

Then, there is the trope that all the continental natives came through the Alaskan Peninsula that was bridged with Asia at one time. There are tons of masters and doctoral degrees arguing each and every side.

It is, however, interesting to note, that the federal government had decided in 1915 to begin the designated day as American Indian Heritage Month that would eventually morph into National Native American/Indian Heritage Month.

What is ironic is the perception as noted by the first observers of the holiday that "...the first Americans made significant contributions to the growth and establishment of the U.S."

I do believe the first Native Americans tried to prevent such a thing and were systematically the recipients of a genocidal policy beginning back in the early 1600s. Oh well, history goes to the victors.

It is a good thing that the Native Americans are recognized as being a vibrant part of our country's culture and the effect some of their customs, languages and ways became part and parcel of the American experience, but, so did the Germans, Norwegians, etc. who came to America.

This was, in essence, what the guest speaker for the event was saying in remarks to those gathered to mark the occasion.

Maj. Gen. John R. Hawkins III, assistant deputy chief of staff for personnel, USA, said, "Native Americans have had a long tradition of serving in the armed forces..."

Rather than addressing a narrow segment of Native Americans, Hawkins reminded people that, "...why we have such champions in the world of equal opportunity and employment." A subject he is intimately familiar with – his father founded the Job Corps and his own background has been with the Army's EEO program. "The mixing bowl part of America (the military) makes it the original..."

Reflecting on Puerto Rico, Hawkins said in referring to native Puerto Rican's service to the country, "patriotism and courage is something that should be honored throughout our society, particularly in Puerto Rico."

He then returned to the Native Americans contribution to the nation's efforts – "Most people are familiar with various Indians such as the Code Talkers of World War II. However, there were over 44 thousand out of 350 thousand who were Code Talkers and served between 1941 – 45. More than 40 thousand worked making ammunition and equipment in various locations around America. Native Americans bought more than \$50 million in War Bonds – by people who were virtually wiped out."

His father setup the first Job Corps site in Mescalero, Arizona. It was there that the 12 year old Hawkins would encounter the ethnic divisions in a strange way – he was the only black within 60 miles.

"Discrimination is about threat and comfort," he said. He learned a lot about groups and group identification during his juvenile years in Arizona.

"Distance does not equal threat. Differences can be one of the most positive things we can put together," he said.

President Bush said in his proclamation, "American is blessed by the character and strength of American Indians and Alaskan Natives, and our citizens are grateful for the countless ways Native Americans have enriched our country and lifted the spirit of our nation."



Joe Bonet

Maj. Gen. John R. Hawkins III (right), assistant chief of staff for personnel readiness, was the principal speaker at Fort Buchanan's celebration of National Native American/Indian Heritage Month. The ceremony was held at the Community Club Nov. 30, 2006. Deputy Garrison Commander Lt. Col. Jose Plaza introduced Hawkins.

Chief scout witnesses surrender arrangement of Geronimo



File Photo

View of the council of Native American Apaches and U.S. military officers gathered in the woods (Cañon de los Embudos, Sonora, Mexico) during General Crook's Campaign. The men include: Captain Roberts, Native American Chiricahua Apache's Geronimo and Nana, Lieutenant Maus, three interpreters, Captain Bourke, General George Crook.

Derivation of the name "Apache," other history of indians throughout North America continent

"Lo, the poor Indian, whose untutored mind sees God in clouds, or hears him (sic) in the wind." Alexander Pope.

Maj. Gen. Hawkins referred to his time living amongst the Apaches of Arizona. The following is taken from John G. Bourke's, "On the Border with Crook (1891)," pg. 113.

Bourke served with Maj. Gen. George Crook through Crook's Apache campaigns and much of the rest of Crook's career. At the time of the Indian pacifications, Crook was a brigadier general. He was promoted shortly after the conclusion of the Sioux campaigns of the Midwest following Crazy Horse's and Chief Joseph's independent surrenders.

"With a stupidity strictly consistent with the whole history of our contact with the aborigines (Indians), the people of the United States have maintained a bitter and unrelentingly warfare against a people whose name was unknown to them."

"The Apache is not the Apache; the name 'Apache' does not occur in the language of the 'Tinnéh,' by which name, some of its variants as 'Inde,' 'Dinde,' or something similar, our Indian prefers to designate himself as 'The Man,' he knows nothing, or did not know anything until after being put upon the Reservations, of the new-fangled title 'Apache,' which has come

down to us from the Mexicans, who borrowed it from the Maricopas and others, in whose language it occurs with the signification of 'enemy.'

And as the Spaniards have always insisted upon the use of a name which the Apaches have as persistently repudiated; and as the Americans have followed blindly in the footsteps of the Castilian, we must accept the inevitable and describe this tribe under the name of the Apaches of Arizona, although it is much like invading England by way of Ireland, and writing of the Anglo-Saxons under the Celtic designation of the 'Sassenach.'

The Apache is the southernmost member of the great Tinnéh family, which stretches across the circumpolar portion of the American continent, from the shores of the Pacific to the western line of Hudson Bay. "

The author goes on to describe the tribal Tinnéh's in custom, habit and culture and the other various cultures who interacted with them, including Pope Leo II. It is extrapolated that all "Indian" tribes on the continent extend from the Tinnéh. "On The Border With Crook" and "Life Among The Apaches,(1868)" by John C. Cremony are well worth reading to gain an understanding of the people of the southwestern United States.

Army e-Learning program courses count towards Reserve Retirement Points. Based on guidance from Jeffrey Graham, Human Resource Center, Retirement Points Program manager, Reserve Soldiers are awarded Retirement Points for successful completion of the Army e-Learning Program courses.

They are awarded under the same guidelines as Correspondence Points (one retirement point for every three hours of training).

Reservists will be required to submit a copy of their ATRRS transcript and course completion certificates showing the course title, course completion date and number of training hours, to their HRC Regional Soldier Support Team.

You can access your ATRRS transcript by following the steps below.

If you have any questions concerning the award of points or documentation required, go to HRC at HYPERLINK <http://www.hrc.army.mil> click on HRC, St. Louis. To register for the Army e-Learning Program, go to AKO at HYPERLINK <https://www.us.army.mil>; click on My Education (under Self-Service); click on Army e-Learning, then the New User link. Contact army.elearning@us.army.mil for registration/login information.

Spyware, phishing top new year's concerns

Rafael Maldonado
Ft. Buchanan IAM

Servicemembers are susceptible to criminal acts after providing personal information to a fraudulent Bank of America Web site.

Servicemembers should not supply personal or financial information to Web sites received via an e-mail link. Legitimate organizations will never ask for personal information via e-mail.

It is highly recommended that you use anti-virus software and keep it up to date. Some phishing e-mails contain software that can harm computers or track activities on the Internet without the user's knowledge. Never e-mail personal or financial information. E-mail is not a secure method of transmitting personal information. If people initiate a transaction and want to provide their personal or financial information through a Web site, look for indicators that the site is secure, such as an image of a lock or lock icon on the browser's status bar or a Web site address that begins with an "https." Unfortunately, no indicator is foolproof; some phishers have forged security icons as well.

Phishing attacks trick people into passing personal information by luring them to false corporate Web sites or by requesting personal information be sent in a return e-mail. "Phishers" send e-mails or pop-up messages claiming to be from a business or organization individuals would routinely deal with (e.g. an Internet service provider, bank, online payment service or even a government agency). The message usually tells people that they need to 'update' or 'validate' account information and might threaten dire consequence if they don't respond. In the Bank of America scheme, military customers receive an e-mail which ap-

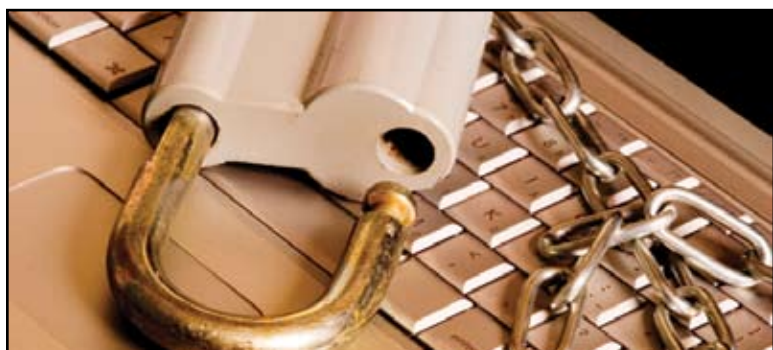
pears to originate from the financial institution. The message informs the Bank of America customer that his/her account has been compromised and is currently locked. In order to reactivate their account, the customer must click on the link embedded in the e-mail message and "verify" or "re-submit" personal or confidential information. The provided link appears to be the Web site of the financial institution but in actuality the Web site belongs to a fraudster/scammer. Bank of America customers are reminded that Bank of America emails will never ask them for any personal data, such as Social Security number, ATM Number or Check Card PIN.

If you believe your system or information has been compromised or attacked, contact the Information Assurance Division, 707-5795/289/2129 or the DOIM HELP DESK at 707-5555.

Webopedia.com

Phishing — (fish'ing) (n.) The act of sending an e-mail to a user falsely claiming to be an established legitimate enterprise in an attempt to scam the user into surrendering private information that will be used for identity theft. The e-mail directs the user to visit a Web site where they are asked to update personal information, such as passwords and credit card, social security, and bank account numbers, that the legitimate organization already has. The Web site, however, is bogus and set up only to steal the user's information. For example, 2003 saw the proliferation of a phishing scam in which users received e-mails supposedly from eBay claiming that the user's account was about to

be suspended unless he clicked on the provided link and updated the credit card information that the genuine eBay already had. Because it is relatively simple to make a Web site look like a legitimate organizations site by mimicking the HTML code, the scam counted on people being tricked into thinking they were actually being contacted by eBay and were subsequently going to eBay's site to update their account information. By spamming large groups of people, the "phisher" counted on the e-mail being read by a percentage of people who actually had listed credit card numbers with eBay legitimately. Phishing, also referred to as brand spoofing or carding, is a variation on "fishing," the idea being that bait is thrown out with the hopes that while most will ignore the bait, some will be tempted into biting.



Safeguarding all Information Technology vital to DoD

Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Safeguarding and protecting vital computer-accessed information is the job of everyone working at the Defense Department, a senior DoD official said.

"It's the responsibility for everyone to be sensitive to the security of their information, their passwords, the use of their (common access) cards to protect the information that they wish to convey or they are receiving from someone," John G. Grimes, assistant secretary of defense for networks and information integration and DoD's chief information officer, said.

The Defense Department is constantly under surveillance by potential enemies interested in accessing DoD systems to obtain sensitive information, Grimes said during a Pentagon Channel interview.

Information technology is moving so quickly today that the processes that acquire and field needed information are playing "catch-up," Grimes said. "It's still too slow to keep up with the technology change," Grimes said. "So, that, coupled with protecting the information that's out there on the network are the two major concerns that I have."

A major effort is under way with the National Security Agency to introduce new and improved information technology security measures across DoD's computer networks, Grimes said.

Joint Task Force Global Network Operations works with U.S. Strategic Command to monitor the military's global information operations network for vulnerabilities, he said. The task force would also work to identify the culprits "if there's an event that's happened and someone has penetrated your (computer information) networks," Grimes said.

Continual evolution of information technology drives the demand for new systems that increase network capabilities, he said. This incessant upgrading involves land-based IT systems as well as satellite delivery networks. "It's refreshed; it's upgraded because the technology is changing," he said.

Maintaining information security is a continuing process, much like the "Check It" campaign that seeks across-the-board improvements in the way the Defense Department conducts its daily business. Deputy Defense Secretary Gordon England launched the program July 28.

"If you check things, then what should happen, will happen," England said at the "Check It" kick-off at the Pentagon. "It's what we want to do every day in the jobs we do."

Directorate of Information Management

P2P and Spyware - Roads to Reformatting

A DOIM Guide to P2P and Spyware in Army Information Systems



What are P2P and Spyware? How are they related?

Unauthorized software comes in all shapes and sizes. Peer-to-Peer software, more commonly known by its acronym "P2P", was originally designed by software developers to allow for the sharing of data files and information. Over the past few years, though, it has evolved into the premier method of the illegal sharing and downloading of copyright-protected music, movies, and software. Popular P2P programs, such as Kazaa, Morpheus, and Limewire, are used by millions of people around the world, on a daily basis. The illegal distribution of copyright-protected material results in the loss of millions of dollars in revenue by recording companies, movie studios, and the third parties, who receive royalties from sales. While persons of all ages use this software, those who do not may be surprised to find it installed on their computers. This is a common occurrence with parents, who are unaware of their children's activities, on their home computers. Within Army networks, this poses more than a copyright or "piracy" issue. Moreover, P2P software is bundled with spyware, which can create a virtual "backdoor", into the system. When the primary software is installed, additional, third-party spyware is also installed, which thereafter sends information on surfing habits, personal information, etc. back to a third-party, who, in turn, may sell the information to other companies for marketing purposes. In worst case scenarios, the information obtained may be used to target an attack against the system by a knowledgeable hacker or another P2P user. For this reason, P2P software is specifically prohibited by AR 25-2, Information Assurance.

How does it affect Army networks?

These types of software pose a direct threat to network security and, in many cases, provide the means to non-U.S. government entities to track the habits of government employees and expose avenues of cyber-ingress to those who may wish to harm our network, our government, and our country. DOIM Information Assurance personnel regularly scan network workstations for unauthorized software, to include P2P and spyware. In the event of detection, the workstation is confiscated for analysis and an Incident Report is initiated, which is provided to the respective Director/Officer-In-Charge. Upon completion of analysis, the workstation must be reformatted and rescanned, prior to reconnection to the network. This results in increased man-hours for DOIM personnel, downtime for the employee and their directorate, and, most importantly, the inability to meet mission-related requirements.

What happens to the personnel involved?

In cases where it is determined that a specific user is responsible, he or she may have their network user account temporarily suspended, be required to complete additional Information Assurance Training, and, at the discretion of the directorate/activity, be subject to adverse administrative action. Personnel having the type of software described herein installed on their government workstation are strongly recommended to contact the DOIM Help Desk and open a ticket for its removal. Any software or hardware, required by Fort Buchanan personnel for daily operations must be requested via CAPR, submitted to the DOIM Help Desk, x5555 and approved by the Information Assurance Office. Information Management Officers (IMO) and Information Assurance Security Officers (IASO) are not authorized to perform software or hardware installation.

Questions? Concerns?

DOIM IA Office: (787) 707-5795/2891/3157

DOIM Help Desk: (787) 707-5555

With the Fort Buchanan DOIM, you get "IT"!

President recommends 2007 locality pay to Congress

Editor’s Note: The following was received from the White House. The text is a letter from the president outlining his recommendation concerning federal pay matters.

Office of the Press Secretary, Nov. 30, 2006

Text of a letter from the President to the Speaker of the House of Representatives and the President of the Senate
Dear Mr. Speaker: (Dear Mr. President:)

I am transmitting an alternative plan for locality pay increases payable to civilian Federal employees covered by the General Schedule (GS) and certain other pay systems in January 2007.

Under title 5, United States Code, civilian Federal employees covered by the GS and certain other pay systems would receive a two-part pay increase in January 2007: (1) a 1.7 percent across-the-board adjustment in scheduled rates of basic pay derived from Employment Cost Index data on changes in the wages and salaries of private industry workers, and (2) a 6.9 percent locality pay adjustment based on Bureau of Labor Statistics’ salary surveys of non-Federal employers in each locality pay area. According to the statutory formula, for Federal employees covered by the locality pay system, the overall average pay increase would be about 8.6 percent. The total Federal employee pay increase would cost about \$8.8 billion in fiscal year 2007 alone.

Title 5, United States Code, authorizes me to implement an alternative locality pay plan if I view the adjustment that would otherwise take effect as inappropriate due to “national emergency or serious economic conditions affecting the general welfare.” For the reasons described below, I have determined that it would be appropriate to exercise my statutory alternative plan authority to set an alternative January 2007 locality pay increase.

A national emergency, within the meaning of chapter 53 of title 5, has existed since September 11, 2001, that includes Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom. The growth in Federal requirements is straining the Federal budget. Full statutory civilian pay increases costing \$8.8 billion in 2007 alone would interfere with our Nation’s ability to pursue the war on terrorism.

Such cost increases would threaten our efforts against terrorism or force deep cuts in discretionary spending or



File Photo

New locality pay for 2007 has been proposed by President Bush and is currently awaiting congressional action.

Federal employment to stay within budget. Neither outcome is acceptable. Therefore, I have determined that a locality pay increase of 0.5 percent would be appropriate for GS and certain other employees in January 2007. Our national situation precludes granting larger locality pay increases at this time.

Accordingly, I have determined that under the authority of section 5304a of title 5, United States Code, locality-based comparability payments for the locality pay areas in amounts set forth in the attached table shall become effective on the first day of the first applicable pay period beginning on or after January 1, 2007. When compared with the payments currently in effect, these comparability payments will increase the General Schedule payroll by 0.5 percent.

Finally, the law requires that I include in this report an assessment of the impact of my decision on the Government’s ability to recruit and retain well-qualified employees. I do not believe this decision will materially affect our ability to continue to attract and retain a quality Federal workforce. To the contrary, since any pay raise above what I have proposed would likely be unfunded, agencies would have to absorb the additional cost and could have to freeze hiring in order to pay the higher rates. Moreover, GS “quit” rates continue to be very low (2.0 percent on an annual basis), well below the overall average “quit” rate in private enterprise. Should the need arise, the Government has many compensation tools, such as recruitment bonuses, retention allowances, and special salary rates, to maintain the high quality workforce that serves our Nation so very well.

Sincerely,
GEORGE W. BUSH

2007 Locality-Based Comparability Payments Under Alternative Plan	
Locality Pay Area	Locality Payment Percentage
Atlanta-Sandy Springs-Gainesville, GA-AL	15.89
Boston-Worcester-Manchester, MA-NH-ME-RI	20.97
Buffalo-Niagara-Cattaraugus, NY	14.15
Chicago-Naperville-Michigan City, IL-IN-WI	21.79
Cincinnati-Middletown-Wilmington, OH-KY-IN	17.38
Cleveland-Akron-Elyria, OH	15.96
Columbus-Marion-Chillicothe, OH	15.00
Dallas-Fort Worth, TX	17.34
Dayton-Springfield-Greenville, OH	14.27
Denver-Aurora-Boulder, CO	20.02
Detroit-Warren-Flint, MI	21.53
Hartford-West Hartford-Willimantic, CT-MA	22.44
Houston-Baytown-Huntsville, TX	26.65
Huntsville-Decatur, AL	13.60
Indianapolis-Anderson-Columbus, IN	13.00
Los Angeles-Long Beach-Riverside, CA	24.03
Miami-Fort Lauderdale-Miami Beach, FL	18.30
Milwaukee-Racine-Waukesha, WI	15.54
Minneapolis-St. Paul-St. Cloud, MN-WI	18.17
New York-Newark-Bridgeport, NY-NJ-CT-PA	24.57
Philadelphia-Camden-Vineland, PA-NJ-DE-MD	18.85
Phoenix-Mesa-Scottsdale, AZ	13.22
Pittsburgh-New Castle, PA	14.16
Portland-Vancouver-Beaverton, OR-WA	17.63
Raleigh-Durham-Cary, NC	16.18
Richmond, VA	14.41
Sacramento-Arden-Arcade-Truckee, CA-NV	18.99
San Diego-Carlsbad-San Marcos, CA	20.34
San Jose-San Francisco-Oakland, CA	30.33
Seattle-Tacoma-Olympia, WA	18.58
Washington-Baltimore-Northern Virginia, DC-MD-PA-VA-WV	18.59
Rest of U.S.	12.64

*Territories and possessions are not reflected in the chart.

Fort Buchanan prepares for the most taxing time of the year

Ft. Buchanan Legal Office

Puzzled by the tax law or which credits and deductions to take? Need assistance with your tax return? You may want to visit a volunteer site. The IRS Volunteer Income Tax Assistance (VITA) Program offers free tax help if you qualify. Assistance on Fort Buchanan will be offered beginning March 1.

Trained community volunteers can help you with special credits, such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly for which you may qualify.

In addition to free tax return preparation assistance, many sites also offer free electronic filing (e-filing). Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper – even faster if you have your refund deposited directly into your bank account.

The VITA Program offers free tax help to low- to moderate-income (\$39,000 and below) tax payers who cannot prepare their own tax returns. Volunteers sponsored by various organizations receive training to help prepare basic tax returns for communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Most locations also offer free electronic filing.

To locate the nearest VITA site, call 1-800-829-1040. Military personnel and their families get free tax help! The military is one the strongest partners in the Volunteer Income Tax Assistance Program. The Armed Forces Tax Council consists of the tax program coordinators for the Army, Air Force, Navy, Marine Corps, and Coast Guard. The AFTC oversees the operation of the military tax programs worldwide, and serves as the main conduit for out-

reach by the IRS to military personnel and their families. Marines, Airmen, Soldiers, Sailors, and guardsmen, and their families worldwide get tax preparation help at offices within their installations. These VITA sites provide free tax advice, tax preparation, and assistance to military members and their families. They are trained and equipped to address military specific tax issues, such as combat zone tax benefits and the effect of the new Earned Income Tax Credit guidelines. The military tax programs generated over 332,000 electronic 2005 federal income tax returns.

Commanders support the program by detailing servicemembers to prepare returns and by providing space and equipment for tax centers. The IRS supports these efforts by providing tax software and by training servicemembers to prepare taxes at the military sites. Most servicemembers file their tax returns electronically at their tax centers and, by selecting direct deposit, receive their refunds in as little as one week.

This combined effort ensures that servicemembers receive free tax assistance from well-trained and equipped military tax preparers.

Items you need to bring to the VITA/TCE sites to have your tax returns prepared are —

- Must bring photo identification.
- Social Security cards for you, your spouse and dependents.
- Birth dates for primary, secondary and dependents on the tax return.
- Current year’s tax package if you received one.
- Wage and Earning statement(s) Form W-2, W-2G, 1099-R, from all employers.
- Interest and dividend statements from banks (Forms 1099).



File Photo

For in-depth tax information, use the IRS Web site. W-2 forms are usually available by Jan. 31

- A copy of last year’s federal and state returns if available.
 - Bank routing numbers and account numbers for Direct Deposit.
 - Other relevant information about income and expenses.
 - Total paid for Day Care.
 - Day care providers Employer Identification Number.
- To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.

It is extremely important that each person use the correct Social Security Number. The most accurate information is usually located on your original social security card.

Each year hundreds of thousands of returns are delayed in processing or credit/deductions are disallowed because names and Social Security Numbers do not match Social See Taxes

Lack of sleep can become medical problem

Ft. Buchanan Safety Office

Lack of sleep or irregular sleep that disturbs your body's natural 24-hour cycle can substantially increase your risk of accidents-on and off the job.

To work safely, you have to be alert and focused. When you're sleepy, that may be impossible. But we've all had times when we just couldn't sleep or couldn't sleep well; some people even consider that normal. Today, you'll find out a little about the importance of sound sleep and get some tips on how to achieve it.

General hazards —

The relationship between sleep and safety is well known. Studies in California found that sleepy drivers were involved in 20 percent of vehicle accidents. A National Transportation Safety Board report said fatigue figured in 69 air accidents between 1983 and 1986.

Sleepiness blurs the edges, and that's a real hazard on the job. Night shifts have been found to be particularly risky because they throw off regular sleep patterns. All four of the major nuclear plant accidents in the past decade occurred between 1 a.m. and 4 a.m.

Identifying hazards —

While most people sleep seven to eight hours a night, the amount of sleep each individual needs varies. Most of us need more sleep when we're sick and when we're under stress. When you have to work at night, or if you work rotating shifts, you can fall victim to fatigue and illness.

Feeling rested is more than how long you sleep; it's also a matter of how you sleep.

Sound sleep is a sign of health, but many people find it hard to come by. They suffer from insomnia. Insomnia may mean it takes you a half hour or more to fall asleep. Other signs are waking frequently

during the night, or waking early and being unable to get back to sleep. The result is that you wake up tired and irritable.

Insomnia is usually a symptom of another problem-either physical, mental, or emotional. You may have insomnia for a night or two when you have a cold or backache, or when you're worried about an upcoming event. Long-lasting insomnia usually is caused by stress or worry.

Insomnia may also result from abuse of drugs (including sleeping pills), alcohol, or from drinking too much caffeine. It can also be associated with depression or with phobias, where fears or nightmares wake you.

Protection against hazards —

Everyone wants to get enough sleep, but sometimes it seems that you have to cut back on sleep in order to fit everything else into a 24-hour day. This is almost always true for people who work more than one job, work a lot of overtime, or work at times when their families are asleep. We may cut down on sleep in order to fit in work around the house or yard, time with the family, volunteer activities, or even just the enjoyment of fishing or a favorite TV show.

I can't tell you what to cut out of your life so that you can get enough sleep. The first technique is an easy one: Go to sleep when you're tired.

Don't prop your eyes open for your favorite late night comic or go to bed extra early to make up for lost sleep.

Go to bed at the same time every night and get up at the same time every morning, including weekends. This helps your body get into a rhythm that tells it when to sleep-and when to be at peak alertness.

Don't try to make up for a bad night's sleep by staying in bed longer in the morning or taking a nap later. It won't help, and it will hurt your attempts to establish a sleep rhythm.

Sleep is part of your overall health and fitness, and other contributors to health can also contribute to good sleep —

- Regular exercise helps you sleep, especially if done on a regular schedule in the afternoon or early evening.

- Eat three balanced meals each day and try to avoid rich, spicy food before going to bed.

- A snack before sleep helps some people, but keep it light. Your best bet is probably that old folk remedy: warm milk.

- Caffeine is a stimulant, so drinking coffee, tea, or soft drinks within four hours of bedtime can leave you tossing and turning.

- Nicotine is a stimulant, too, and can help keep you awake.

- Alcohol may help you go to sleep, but it will also keep you from sleeping soundly. When the alcohol's effects wear off you may well find yourself wide awake.

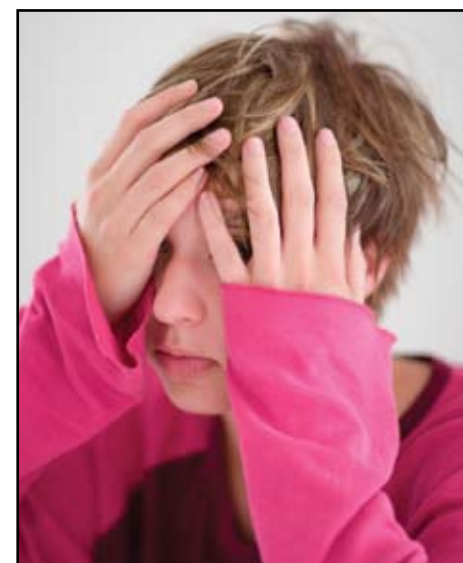
- Sleeping pills should be used only with great caution and when prescribed by a doctor for a short-term problem. Long-term use or abuse can create more problems than it solves.

Safety procedures —

Sometimes, despite your best efforts to get a good night's sleep, you'll feel tired during the day. Often you can revive yourself fairly easily. Take breaks during your work time. Get up, walk around, and do a few stretches. Have a refreshing soft drink or a cup of coffee or tea-but don't overdo the caffeine.

A lot of people feel tired in the afternoon, after lunch. That probably has less to do with what you ate than with your body rhythm slowing down. One way to deal with that-and improve your overall fitness-is to incorporate some exercise into your lunch hour.

Sometimes, however, that's not enough. Remember that fatigue can cause mistakes



File Photo

and accidents. If you really believe that you might be a hazard, take some kind of action. You might be able to switch to a task that doesn't require as much alertness and attention or involve safety risks.

Suppose you do all you can to get on a regular schedule of sound sleep and you're still tossing and turning and feeling dangerously tired on the job. Then you probably have to look closer for a physical or emotional problem.

Sleep problems can also have a physical basis. If you don't know why you wake up tired, it may be because you snore. Some snoring is what is called sleep apnea. If you might have this or some other physical sleep disorder, see a doctor.

Sleep is one of life's essentials; our bodies and our minds really can't do without it. As we've learned, proper sleep is a matter of how long you sleep and how well you sleep. Like most things in life, your quality of sleep can be improved. If you are not one of those fortunate enough to always "sleep like a baby," try some of the techniques we've learned.

Mosquitoes present malaria health challenge

Daniel Rodriguez
Rodriguez Army Health Clinic

Malaria in humans is caused by one of four protozoan species of the genus Plasmodium: P. falciparum, P. vivax, P. ovale, or P. malariae. All species are transmitted by the bite of an infected female Anopheles mosquito.

Malaria is characterized by fever and influenza-like symptoms, including chills, headache, myalgias, and malaise; these symptoms can occur at intervals. Malaria may be associated with anemia and jaundice, and P. falciparum infections can cause seizures, mental confusion, kidney failure, coma, and death. Malaria symptoms can develop as early as 7 days after initial exposure in a malaria-endemic area and as late as several months after departure from a malarious area, after chemoprophylaxis has been terminated.

Occasionally, transmission occurs by blood transfusion, organ transplantation, needle-sharing, or congenitally from mother to fetus. Malaria is a major international public health problem, causing 300-500 million infections worldwide and approximately 1 million deaths annually.

Factors that can change rapidly and from year to year, such as local weather conditions, mosquito vector density, and prevalence of infection, can markedly affect local malaria transmission patterns. Malaria transmission occurs in large areas

of Central and South America, the island of Hispaniola (the Dominican Republic and Haiti), Africa, Asia (including the Indian Subcontinent, Southeast Asia, and the Middle East), Eastern Europe, and the South Pacific.

The estimated risk for a traveler's acquiring malaria differs substantially from area to area. This variability is a function of the intensity of transmission within the various regions and of the itinerary and time and type of travel.

From 1985 through 2002, 11,896 cases of malaria among U.S. civilians were reported to Centers for Disease Control.

Risk can differ substantially even for persons who travel or reside temporarily in the same general areas within a country. Travelers should also be reminded that even if one has had malaria before, one can get it again and so preventive measures are still necessary. Persons, who have been in a malaria risk area, either during daytime or nighttime hours, are not allowed to donate blood in the United States for a period of time after returning from the malarious area.

Persons who are residents of non-malarious countries are not allowed to donate blood for 1 year after they have returned from a malarious area. Persons who are residents of malarious countries are not allowed to donate blood for 3 years after leaving a malarious area. Persons who have had malaria are not allowed to donate



File Photo

blood for 3 years after treatment for malaria.

No vaccine is currently available. No method can protect completely against the risk for contracting malaria. Taking an appropriate drug regimen and using anti-mosquito measures will help prevent malaria. Because of the nocturnal feeding habits of Anopheles mosquitoes, malaria transmission occurs primarily between dusk and dawn. It is important to take protective measures to reduce contact with mosquitoes, especially during these hours. Such measures include remaining in well-screened areas, using mosquito bed nets (preferably insecticide-treated nets), and wearing clothes that cover most of the body.

Additionally, travelers should be advised to purchase insect repellent for use



Buying Long Term care insurance

— You may buy long term care insurance through commercial companies. Most plans let you choose how much coverage you need and where you will use it.

Another option is the Federal Long Term Care Insurance Program. Nearly 20 million people are eligible to apply for FLTCIP, including all active duty and National Guard members activated for more than 30 days, retired uniformed service members and members of the Selected Reserve.

For more information, visit Web site www.opm.gov/insure/ltc/index.htm or call 1-800-582-3337.

Durable medical equipment —

TRICARE covers medically necessary equipment costing more than \$100, such as wheelchairs, hospital beds and respirators. You may buy or rent the equipment (whichever costs less). Send your doctor's prescription with your claim, specifying the type of equipment, why you need it and for how long. TRICARE won't cover general use equipment, such as air cleaners or whirlpool baths. Before getting

DES targets drinking, driving and cell phone use

Vicente Gonzalez
Ft. Buchanan
Chief of Police

This holiday season, the greatest threat to military personnel are car crashes. America loses the equivalent of one battalion every year to mostly preventable traffic crashes, many of which involve alcohol.

Last year, the military lost 310 servicemembers and employees to car crashes alone, a rise of 30 percent from the previous year. These servicemembers die not for their country, but in spite of our best efforts to protect them. Though all types of people drink and drive, researchers say a common drunk driver is the younger man, aged 18 to 29, who takes risks and is a "sensation seeker"— exactly the kind of person fit for military duty.

While servicemembers might believe they are invincible behind the wheel, many impaired driving fatalities last year involved drivers who had merely drank the legal limit. In fact, more than 15,000 Americans died in crashes last year in which the most impaired driver "blew" a .08 BAC (blood alcohol content)— an intoxication level many servicemembers might underestimate.

Here at Ft. Buchanan, driving while impaired, is not tolerated. Any individual on post or trying get access on post will be processed IAW PR Law 22 Art 7.02 if positive. The penalties for this articles are stated in Art 7.04 which states that any individual driving a vehicle over the limit of .08% BAC and .05% for heavy equipment driver, in the first conviction, will have a fine of no less than \$300.00 and no more of \$500.00.

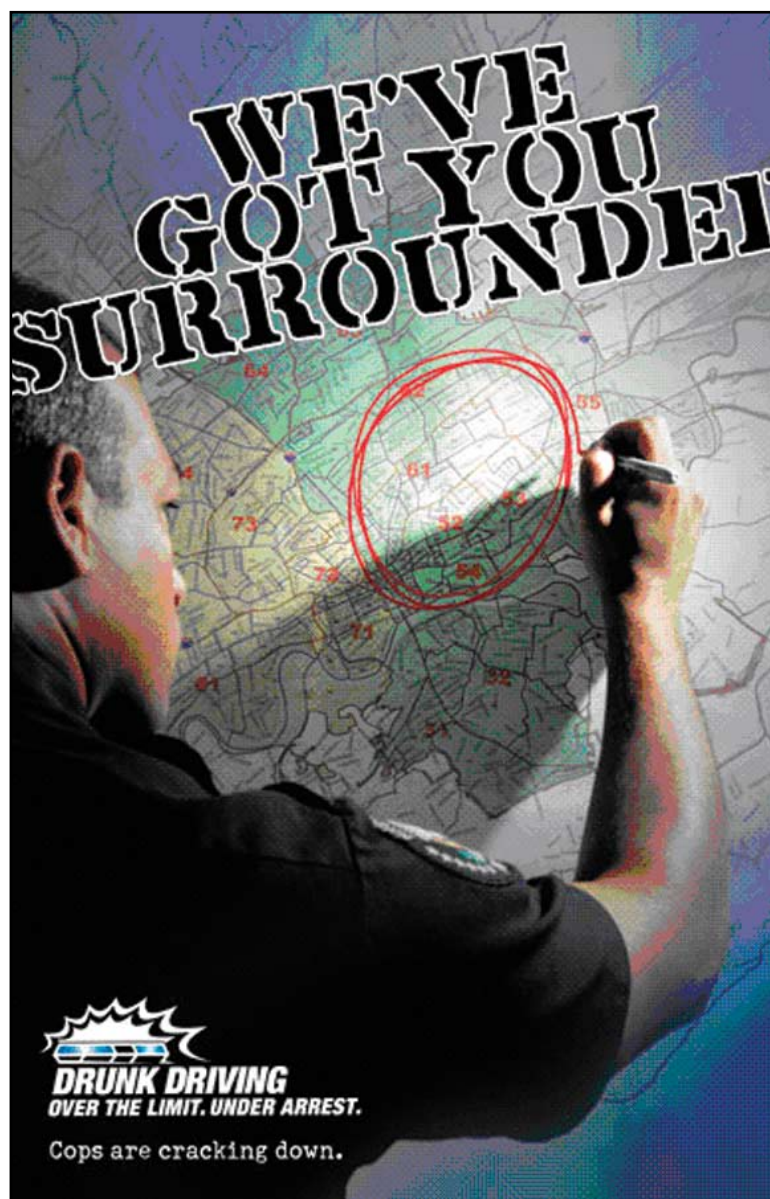
In addition, the individual will have to attend a 8 hour Traffic Safety Course offered by the Administration of Mental Health Against the Addiction.

In case of a second conviction, individual will have a fine of no less than \$500.00 and no more than \$750.00. Also the individual will go to jail for no less than 15 and no more of 30 days. Their vehicle will get confiscated. AR190-5 has the guidelines of how to process intoxicated drivers.

For more information about impaired driving, visit Web site www.stopimpaireddriving.org and click on the section for Military.

Cell Phone use —

While cell phone use occurs less frequently than other driver distractions, it has been singled out for special attention, probably for several reasons. Cell phone use is a multi-sensory distraction, requiring a driver's eyes to locate a ringing phone, hands to hold or dial the phone, hearing to listen to the call, and attention to carry on a conversation. Handheld cell phone use is



easy to observe and may send the message that drivers using cell phones are more interested in their conversations than they are in driving safely. Several highly publicized crashes have been attributed to cell phones.

For that reason, the Department of Defense has issued directive (DODD 5525.4) that makes all DoD installations users, comply with state traffic laws and local policies.

IAW AR 190-5 p.4-2f (Motor Vehicle Traffic Supervision) persons

found guilty of violating the vehicular and pedestrian traffic laws made applicable on the installation under provisions of that directive are subject to a fine as determined by the local magistrate or imprisonment for not more than 30 days, or both, for each violation.

Jaywalking —

The definition of jaywalking according to Merriam-Webster Dictionary© is: to cross a street carelessly or an unusual or inappropriate place or in a dangerous or illegal direction so as to be endangered by the traffic.

The definition of jaywalking according to the law is: n. walking across a street outside of marked cross-walks, and not at a corner, and/or against a signal light.

If there is vehicle traffic or clear markings of a place to cross, this is a traffic misdemeanor subject to fine, and may be (but not conclusively) contributory negligence in the event of injury to the jaywalker by a vehicle.

At Ft. Buchanan, DES-Police Services use the Puerto Rico Traffic Law PR LAW 22 to enforce safety on the road. Under the Title 18 of the USC Sec. 13 we assimilate the state law.

PR Law 22 Art 9.02 explains in detail what are the responsibilities of all pedestrians when crossing the public road. It read as follow:

(a) When crossing outside an intersection or using a cross walk, pedestrian will yield the way to vehicular traffic.

(b) When crossing at an intersection, pedestrian, will use the cross walk.

If the intersection is controlled by traffic lights, pedestrian, will only cross when the light is green or when its indicated by other traffic device.

(d) When there are pedestrian tunnels or any other structure provided for pedestrian use, pedestrians will use them.

(e) Pedestrians are not authorized to cross intersections diagonally, unless authorized by official devices to control traffic and will cross only in accordance with this devices.

(f) All pedestrians will only use the sidewalks, when no sidewalks are present, pedestrian will walk on the shoulder of the road against the oncoming traffic unless is unsafe.

(g) Any pedestrian being negligent and/or reckless when walking on the public road, will incur in a misdemeanor and will be cited with a fine of \$50.00.

If a pedestrian causes a traffic accident for being negligent and/or reckless, the fine will be \$500.00.

Celebrating the holiday season safely, year 'round

Myrna M.Llanos
Prevention Coordinator
Army Substance Abuse
Program

We are so protective of our children's health when they are babies — always checking to make sure they are still breathing. We make sure they get all their shots so they will not become ill. We teach them not to talk to strangers so nobody can hurt them. As they grow older, we teach them to look both ways as they cross the street, so they will not get hit by a car. We warn them to be careful.

As they grow older, some of them might do everything we have told them and taught them. But others are not that responsible...

Someone will make the decision to drink and drive.

Thoughtless actions by one person can change the lives of so

many people forever. The loss of one life can leave so many survivors emotionally devastated for life; which makes you wonder why people still drink and drive and why their friends and families allow them to do it.

Choices, Decision, Consequences —

An individual has choices — a choice to drink, a choice to drink to impairment, and a choice of whether or not to drive if he (she) has drank. Drunken driving fatalities, injuries, crashes and arrests can be prevented IF people make responsible choices.

The jokes about drunken driving tend to be centered around those who are intoxicated and inebriated asking the question, "I wonder if I can handle driving home," when the question ought to really be, "Can other motorists avoid my vehicle as it barrels across the median or crosses over street lanes suddenly as a result

of the erratic behavior that will ensue when I take the wheel?"

How many more will suffer unnecessary injuries? How many more families will be torn apart? How many more people have to die before the message becomes loud and clear? Unfortunately, according to the National Highway Safety Commission, this year alone over 20,000 more people will die as we preach this message.

December is Drunk Driving Prevention Month. It is also the holiday season - a time to rejoice and give thanks for family and friends, to celebrate the past and look forward to the future.

If you choose to drink, please do it responsibly. If you must travel, PLEASE call a friend, call your unit, call a cab... CALL SOMEBODY. Is the risk of picking up those car keys worth your life or for that matter anybody else's?

Think about it.

3D Prevention Month —

It's the most wonderful time of the year. With the holidays, Soldiers are gearing up to go home and spend time with relatives and loved ones.

This means people will be on planes and automobiles to reach their intended destinations; the skies will be full of airplane lights, the roadways full of bumper to bumper traffic. The holidays can bring much joy in family reunions and provide us time to recollect, reorganize and prepare for the New Year.

It is also the most dangerous time of the year. With more people sharing the highways with impaired drivers, it is a time (nationally) when drinking and driving statistics shoot through the roof.

December is National Drunk and Drugged Driving (3D) Prevention Month. As part of this



File Photo

annual nationwide public information campaign against impaired driving during the holiday season, there are a few things that will take place both nationally and locally.

Highly visible enforcement —

As part of 3D month, the ASAP encourages you to join the "Buzzed Driving is Drunk Driving" campaign. This campaign is a national crackdown to deter impaired driving during one of the most heavily traveled holiday periods (Christmas) and New Year's Eve. There will be Sobriety Checkpoints & Satura-
See 3D — Page 13



Master Sgt. Eric Colon, representing the 65th Regional Readiness Command, speaks with Soldiers of the 311th Quartermaster Company (Mortuary Affairs) Detachment. The PRimeros were augmenting the staff of the 21st Theater Support Command, U.S. Army Memorial Affairs Activity Europe.

311th QM (Mortuary Affairs) Co. trains in real world exercise

Story and Photos by
Staff Sgt. John Gonzalez
65th RRC Public Affairs

LANDSTUHL, Germany — When one mentions the 311th Quartermaster Company (Mortuary Affairs) within the Army, images of their rapid response shortly after 9/11 come to mind, but the unit and its quick response mobile teams have been quite busy since then earning new praise and recognition for the numerous real-world missions it has accomplished since they first boarded flights towards the Pentagon five years ago.

One such mission that is being supported by Soldiers from the 246th QM Co. and the 311th QM Co., both 65th Regional Readiness Command Mortuary Affairs units, is taking place at the Landstuhl Regional Medical Center Headquarters. The PRimeros are attached to the 21st Theater Support Command, U.S. Army Memorial Affairs Activity Europe.

Alan K. Brevard, Director of the U.S. Army Memorial Affairs, who has 93 countries within his area of responsibility in the European Command region, said that the support given by the 65th RRC Soldiers was critical to accomplishing his real-world mission.

“What we do is we focus on current deaths which is non-combat related, all branches of service within the region, whatever the cause may be, we maintain care and transport on those remains back to their loved ones,” Brevard said.

These detachments come as overseas development training courses, which means, they are sent in two to three week rotations to help support and augment the permanent staff present.

He commented that the Soldiers make a difference, “...they augment my mission, and what I try to do in return is to support that Soldier by giving him added tools or skill sets, to take with him on future missions when he or she goes downrange to Iraq or Afghanistan, which will expand his knowledge base and serve to return that fallen Soldier to his loved ones.”

All of the Soldiers from the 311th detachment, many of whom have been serving on this mission, were extremely proud of their contribution and the experience they gained during this very hands-on mission.

Many of these Warrior-Citizens serve their community back home through various ways, some work as regional managers and supervisors, others as police officers and security personnel, while others are deepening their educational experience as university students.

Sgt. Elmer Feliciano, a restaurant supervisor by profession and a veteran of the 9/11 mission, said that he takes pride in his job because its importance.

“Mortuary affairs is something that you treat with honor, why because you have family members back home that they want their loved ones back, and we are responsible for that,” Feliciano said.

He added, “We are like the unknown heroes who process and send back that fallen Soldier so that their families may have closure.”

Police Officer Cesar E. Mendez, a sergeant with the Army Reserve, said that being a part of the 311th QM Co. has allowed him to grow personally and feels what he does is important.

“I became a Mortuary Affairs Specialist because I make a difference in someone’s life. Those fallen Soldiers deserve to get the proper burial with the proper respect, and also their family members also get some closure with the burial, we ensure that this happens,” Mendez said.

Sgt. Jairo E. Portalatin, who divides his time in the civilian world between being a student and working as a security professional, said that the experience he has gained here is second to none.

He added the mission they are doing in Germany is different then what they would be doing downrange, here they are exposed to a lot more different scenarios.

“Downrange is the first set in retrieving a fallen comrade, and there are steps and procedures that are part of the process when we first encounter the Soldier, its more about retrieval, we help to prepare the Soldier to send to a place like here,” Portalatin said.

He added, “This mission experience is the second stage of getting these Soldiers home to their loved ones and is more technical and more of a complete process here.”

Brevard explained that there are essentially two ends of the spectrum when it comes to the mortuary affairs arena.

What is commonly referred to as mortuary affairs are comprised by the military occupational specialty 92-Mike.

These are the war-fighters or Soldiers who work under the direction of a geographical combat commander.

Their main mission is to retrieve remains from an incident. From there those remains are sent to an armed forces medical examiner who conducts the necessary investigations as to the particular cause of death.

“Once released those remains are then sent to the memorial affairs activity who consist of civilian morticians and Soldiers that assist us to augment our mission,” Brevard said.

Col. John Lazaro, Deputy Commander for Readiness and Training, visited the Soldiers from Puerto Rico along with Master Sgt. Eric Colon, also a member of the Command Readiness Team.

Speaking on behalf of 65th RRC Command Sergeant Major Luis Hermina, whom he also represented, Colon praised the PRimeros for their dedication and professionalism.

“The Soldiers from Puerto Rico give 110 percent all the time... that is why I am so proud to be working with you guys, believe me the whole Army Reserve knows who you are, you are part of the heroes from Puerto Rico,” Colon said.

65th RRC holds G-4 conference, training

Staff Sgt. John Gonzalez
65th RRC Public Affairs

LAS CROABAS, Puerto Rico — The beautiful panorama of the Fajardo coastline on the eastern side of Puerto Rico was the backdrop for this years Logistics Workshop sponsored by the 65th Regional Readiness Command G-4.

This has been the third such workshop for all PRimeros logisticians, which is held annually in the early fall. However, this year saw the inclusion of commanders into the mix, adding greater synergy to communication between the first-line supervisors and higher headquarters.

Over 124 Soldiers from across the command, and from the mainland, gathered from Aug. 25 to 27 at the luxurious El Conquistador Resort for three days of in-depth training that covered the current state-of-affairs within the logistics world.

Col. Jesus M. Galvez, Deputy Commander for G-4, and sponsor of the workshop, stressed that he set three goals for this conference — establish a better relationship within the logistics community and between the G-4 and the 65th RRC; improve and enhance the command’s management practice within the logistics field and support units in their readiness process.

“The key is getting units ready to go to war,” Galvez said.

The Soldiers attending received hands-on training with the Reserve Equipment Inventory Management System, Two-Level Maintenance, and the Property Book Unit Supply Enhance system.

Col. Jose A. Gotay, deputy commander, 65th RRC, stressed that he saw the purpose of this workshop as being an avenue for information exchange. “By the time we leave here we need to know what our job is, and who we need to go to in order to find the answers when we have questions,” Gotay said.

The new U.S. Army Reserve Deputy Chief of Staff for G-4, Col. Bruce Resnak, knows very well the challenges that confront the 65th RRC, as he was the former 166th RSG commander. He stressed that problems can only be solved at the lowest level, the first-line supervisor, and that commanders have to get proactively involved.

“Commanders, you need to understand that you are responsible for this equipment, you have to account for it; you and your NCOs are the ones that have to make it happen,” Resnak said.

The top enlisted G-4 Soldier for the PRimeros, Sergeant Major McClinton Brown, echoed the theme of accountability stressing its importance. He summarized the key aspect of what logisticians need to know.

“Know what you have, its status, and where its at... that is what its all about,” Brown said.

Awards were also presented this year for outstanding performance in the area of Most Improved Maintenance (MIM) and Supply (MIS) respectively, at both the battalion and company level in each category.

346th Transportation Battalion swept the awards by winning both the MIM and the MIS at the battalion level. Maj. Edwin Correa, executive officer, 346th Transportation Battalion, praised his maintenance and supply NCOs and thanked the support he received from the 166th RSG.

At the company level the MIM went to the 430th Quartermaster Company, while the MIS was taken by the 264th Ordnance Company (Collection and Classification). All the Soldiers we spoke with agreed that this was a very worthwhile workshop, gaining valuable information that they will take back to their respective units.



Staff Sgt. John Gonzalez

The 3rd annual 65th Regional Readiness Command G-4 Logisticians Workshop was well attended by all the key maintenance and supply personnel. (Left to right) are: 65th Regional Readiness Command Deputy Commander G-4, Col. Jesus M. Galvez; newly appointed U.S. Army Reserve Command Deputy Chief of Staff G-4, Col. Bruce Resnak, and 65th RRC G-4 Command Sgt. Major McClinton Brown. The three-day conference was held at the El Conquistador Resort, Las Croabas Puerto Rico.

Fort Buchanan celebrates holiday season with annual Xmas



*All Photos by Joe Bonet
(Top row, left to right) The Coast Guard doubled up for the Christmas parade providing the color guard and also marching in the parade. The Navy JROTC also participated in the event.*

(Middle row, left to right) Fort Buchanan's Girl Scout Troop 412 and Cub Scouts paraded to the excitement and pride of their parents during the celebration.



(Bottom row, left to right) Children from the Normal School enthusiastically joined in the festivities. Meanwhile, the Antilles School Band marched and performed to the delight of the onlookers.



parade, tree lighting & entertainment to start holiday season



Top row, left to right) Here's the reason for the whole thing - the children. The Golden Agers participated in the parade showing their youthful happiness.

(Middle row, left to right) Commanding Officer Col. Stephen M. Ackman happily awards the 1st place plaque for the Christmas Tree Lighting & Holiday Parade. From the reviewing stand, Herbert Rader rates the entrants as they pass by.

Bottom row, left to right) Not all the children understood the man in the red suit. Col. Ackman speaks with members of the Military Vehicle Preservation Society, and, (right) children wait patiently to enter the parade.



Meal times, rest periods outlined by CPAC

Miguel Ortiz
Ft. Buchanan CPAC

The Civilian Personnel Advisory Center is pleased to announce the start of the 2007 Fort Buchanan's Mentorship Program. The Mentor Program is an initiative designed to develop and support persons who have the desire to meet challenges and who are seeking to further develop and enhance leadership skills.

CPAC is spearheading this program to fulfill our strategic goal number one — Leadership, and accomplish our strategic objective of developing future leaders through mentoring.

The initiative is a 12-month formal program that will focus on the development of leadership skills. Participation is above and beyond participants current job responsibilities/workload. Proteges and mentors will meet individually on a mutually agreed upon schedule. Some homework assignments may be given and will be completed during non-duty time. All applicants MUST obtain supervisory approval.

Proteges will also be given the opportunity to attend workshops led by CPAC staff on topics such as leadership skills, oral and written communication skills, conflict management and critical thinking.

Participation in the mentor program is a developmental opportunity with no guaran-

tee of promotion or awards. The program is open to every employee (APF and NAF) working at Fort Buchanan or one of its tenant activities. Proteges will be selected by a corporate-protégé selection panel to include directors and division chiefs.

The Mentor Program officially kicked off on Nov. 29 during this year's Benefits Fair.

Deadline for applications is the close of business Jan. 15. Return your completed electronic application to Miguel Ortiz at miguel.ortiz4@us.army.mil or hard copy version to Miguel Ortiz in Bldg. 390, CPAC, Rm. 100. For questions, call the CPAC at x3943/3335.

Personnel policies —

When must breaks and meal periods be given?

The Fair Labor Standard Act does not require breaks or meal periods be given to workers. Some states may have requirements for breaks or meal periods. If you work in a state which does not require breaks or meal periods, these benefits are a matter of agreement between the employer and the employee (or the employee's representative). The Commonwealth of Puerto Rico, Department of Labor, only requires that an employee working a minimum of eight hours be given a meal break after three hours of continuous work but not later than five hours after starting to work.

Tour of Duty, short rest periods (Breaks) and meal periods —

The supervisor sets an employees' tour of duty. Generally, work is scheduled on the same hours each day. Changes in individual workdays and shifts may be made when dictated to meet operational requirements. Notice must be given when employees are to be assigned to a different tour of duty or to different hours of work. Advance notice requirements vary from installation to installation due to union-management negotiated agreements; nature of work; local requirements; practices and procedures, and other factors.

Authority for establishing and changing tours of duty is delegated to the commander of an activity employing civilian

personnel.

Short rest periods —

Short rest periods or breaks are permitted (pending availability of funds). There is a Government-wide practice that employees working a minimum of eight hours receive two 15 minutes administrative break at a time determined by the supervisor. Each employee working eight hours shall receive two daily breaks of fifteen minutes duration, one to be taken in the morning and one in the afternoon or for each four hours of continuous work. This break cannot be taken until the employee has been on duty for least two hours. Rest breaks may not normally be taken in conjunction with their lunch period, or connected to the beginning or end of their shift. At Ft. Buchanan, the break periods which are presently in place may remain unless the union and management proposes a change. Any change to the existing rest periods will be subject to negotiation and no implementation will be done unless the change is successfully negotiated and agreed.

For NAF employees, the rules are the same as above, except for the following... Short rest periods during the daily tour of duty will be permitted when, at the discretion of the activity manager, such periods are beneficial or necessary to the activity. The policy adopted by each manager will be established in writing and made known to all employees.

Smoke breaks —

Smoke breaks are considered breaks as well. However, the Army has considered that smoking is hazardous to your health and offered "smoking cessation" sessions free of charge, pending the availability of funds.

As an avenue for those employees that smoke to help them to quit smoking and to educate them on the reasons for quitting and the medical evidence that shows the harmful effects of smoking.

Meal periods —

Meal periods are indicated on the work schedule and are no less than thirty minutes, or more than one hour.

The meal period is not considered duty time. Employees will not be required to work more than six hours in any workday without a meal period.

For NAF employees, the rules are the same as above, except for the following... When the nature of the duties requires that an employee remain at the duty station, an on-the-job meal period may be established. The employee will be paid for an on-the-job meal period not in excess of 20 minutes.

For 24-hour personnel only —

Management may continue the established tours of duty for 24 hour personnel. Should management and the union propose to change the tours of duty; the parties will negotiate the change. Meals and authorized rest periods during the workday are considered hours of work and must be spent within the area of assignment unless properly relieved.

NAF employees & Incidental Duties —

Time spent in the performance of assigned incidental duties directly connected with the performance of a given job is included in the daily schedule of working hours.

This includes time spent in travel which is an inherent part of and vital to the work itself.

However, travel from home or lodging to and from place of work is not considered work time.

For example, time required by maintenance workers to secure working implements in the morning and, if necessary, change to protective clothing and to return the implements and change back to ordinary clothing at the end of the workday is included in the tour of duty.

Similarly, time required to validate funds for which the employee is responsible, both prior to and subsequent to the work period, is considered to be part of the tour of duty.

The time permitted for such duties should be established in writing by the activity head and made known to all affected employees.



File Photo

Contact your local CPAC for specific policy guidelines.

Navy Reserves participate in PR community service

QM3 Dalisa Marrero
Navy Reserve Public Affairs

The Navy Reserve Center in Puerto Rico participated for the sixth time in a community service Nov. 4 along Kennedy Avenue.

Navy Reservist volunteers and San Juan municipal workers cleaned and beautified the heavily transited avenue and painted its largest bridge.

The Mayor of San Juan, the Honorable Jorge Santini, emphasized his continuing efforts to stop illegal graffiti and stated Article 209 of Puerto Rico's Penal Code, which states that offenders guilty of illegal graffiti can be fined up to \$5,000.00 or a jail term of up to 90 days.

The Mayor also stated he will seek amendments to Penal Code adding an administrative fine of \$1,000 to \$5,000 if any illegal graffiti is done within Old San Juan, El Condado, Santurce and Rio Piedras.

The commanding officer of Navy Operational Support Center in Puerto Rico, Lt. Cdr. Omar Jana, recognized the labor of those who volunteered their time and made possible the success of this community service and extended a very sincere "Thank You" to the Reservists for their commitment to improving the lifestyle and conditions of our local communities.



Courtesy Photo

The following personnel participate in the activity of painting the NAVY Bridge at Kennedy Avenue. QM3 Dalisa Marrero, SK3 Harvey Neris, YN3 Maria Guzman, YN3 Francisco Berrios, ID3 Luis Reyes, SK3 Carlos Matos, IT3 Alberto Guilbe, AZ3 Jose Texidor, AD3 Luis Guzman, SK3 Luis Mojica, AD3 Roberto Santiago, PS3 Angelica Narvaez, ET2 Rafael Castillo, Feliciano Rivera, OS3 Alexander, PS3 Mayra La Luz, YN3 Ruth Tirado, PS3 Samuel Vega Morales, EN3 Melvin Correa, SK3 Oscar Alamo Oscar, YN3 Vanessa Guzman, SK2 Anglada, PC2 Jose Diaz, AD2 Davila Sigfredo, PC2 Vicente, MA2 Yolanda Perdomo Martinez, ABF3 Julio Rodriguez, AD3 Angel Delgado, TN2 Nelson Santiago, AN3 Flor Martinez, AN3 Luis Ferrer, EN3 Manuel Molano, OS3 Erick Fernandez, ITSN Nestor Lopez, BM3 Carlos Gonzalez, QM2 William Suren William, CS2 Angel Lozada, EN2 Benjamin Rivera, SK3 David Newton, YN3 Sylvana Fung, CS3 Rafael Vega, SK2 Antonio Velez, YN2 Luis Fontan, CSSN Jannette Robles, SK3 Pagan.



Malaria From Page 7


Courtesy Photo

on exposed skin. The most effective repellent against a wide range of vectors is DEET (N, N-diethylmetatoluamide), an ingredient in many commercially available insect repellents. The actual concentration of DEET varies widely among repellents. DEET formulations as high as 50% are recommended for both adults and children >2 months of age.

It is very important for travelers to understand the following information —

- Chemoprophylaxis may be started before travel and to use prophylaxis continuously while in malaria-endemic areas and for 4 weeks (chloroquine, doxycycline, or mefloquine) or 7 days (atovaquone/proguanil or primaquine) after leaving such areas. In comparison with drugs with short half-lives, which are taken daily, drugs with longer half-lives, which are taken weekly, offer the advantage of a wider margin of error if the traveler is late with a dose.

- Be questioned about drug allergies and other contraindications for use of drugs to prevent malaria.

- Be aware of which drug to use for chemoprophylaxis should be carried.

- Be informed that any anti-malarial drug can cause side effects and, if these side effects are serious, that medical help should be sought promptly and use of the drug discontinued.

- Be advised that, while using chemoprophylaxis greatly decreases their risk of acquiring malaria, preventive measures cannot guarantee complete protection.

In case of illness, travelers should understand —

- Symptoms of malaria can be mild to severe and that they should suspect malaria if they experience fever, chills, or other influenza-like symptoms such as persistent headaches, muscle aches and weakness, vomiting, or diarrhea.

- That malaria can be fatal if treatment is delayed. Medical help should be sought promptly if malaria is suspected, and a blood sample should be taken and examined for malaria parasites on one or more occasions.

- Reminded that self-treatment should be taken only if prompt medical care is not available and that medical advice should still be sought as soon as possible after self-treatment.

The Rodriguez Army Health Clinic encourages unit commanders, supervisors, Soldiers and frequent travelers to be aware of this information and follow health care provider recommendations to help reducing mortality and mobility incidences.

For more information, contact the RAHC appointment line at 707-4393 or Immunization Clinic at 707-2576.

Taxes From Page 6

Security Administration records. To prevent processing delays in paper returns and rejected electronically filed returns, volunteers check the accuracy of each Social Security number, as well as the spelling of the name associated with the number.

If you or your dependents are not eligible to get a Social Security Number you may need an Individual Taxpayer Identification Number.

If you have not received your Forms W-2 from your employer and want to know what to do, you may obtain information here (installation legal office).

There are payment options available when using IRS e-file. If you owe, you can make a payment (by Apr. 15) by authorizing an electronic funds withdrawal (direct debit) from a checking or savings account, paying by credit card (Discover Card®, American Express®, MasterCard® or VISA® Card), or by check or money order (made out to the United States Treasury) using Form 1040-V, Payment Voucher.

The Installation Legal Office is requesting volunteers for the upcoming Tax Season. Training dates will be Feb. 20-22 and will be open for fifteen volunteers.

After successful completion of the training, all volunteers will be VITA certified. For additional information, contact the Installation Legal Office at 707-5155.

3D

tion Patrols throughout the month not only on Fort Buchanan, but throughout Puerto Rico.

The cold hard facts —

Every 20 minutes someone, somewhere in the U.S. and its possessions falls victim to an impaired driver and every year over 45% of all traffic fatalities involve alcohol. Drunk driving costs society tens of millions of dollars annually in court costs, rehabilitation, lost earnings, health care and social programs. This money comes directly out of our pocket in taxes.

Personal responsibility —

As a community (and larger society) we have a moral obligation to take care of people we come into direct contact with. When people drink, the ability they have to make rational decisions is lessened, as well as their reflexes.

We also have an obligation to protect innocent people from any harm by keeping friends and family members from picking up the car keys if they have consumed alcohol—even one drink! A little effort on our part could mean the difference between life and death.

Legally speaking —

Recently, Puerto Rico passed the .08 Per Se Law. This law makes it illegal to operate a motor vehicle at or above a .08 Blood Alcohol Concentration. This law also provides for immediate suspension of your driver's license if you fail a BAC test (by registering above the legal limit) or even refuse to submit to one.

AR600-85 states that an administrative separation action will be initiated and processed to the separation authority for decision of Soldiers, to include USAR Soldiers, involved in two serious incidents of alcohol related misconduct in a year, such as more than one instance of drunk on duty or operating a motor vehicle while intoxicated.

Military personnel on duty will not have a blood alcohol level equal to or greater than .05 grams of alcohol per 100 milliliters of blood.

Any violation of this provision provides a basis for disciplinary action under the UCMJ and a basis for administrative action, to include the characterization of service at separation.

According to the Office of the Staff Judge Advocate, A DUI could earn a Soldier a field grade Article 15, loss of half of his or her base pay for 2 months, and legal sanc-

Energy

drop per second (1cup every 10 minutes) consumes over 3,200 gallons (12,000 liters) a year. Correcting these leaks could save an average of \$2,600 annually. Remember that hot water leaks can cost over twice as much as cold water leaks.

Lighting and Small Appliances: —

- Turn lights off when not in use.
- Direct light to the work area only.
- Replace incandescent bulbs with lower wattage fluorescent bulbs. As an example, the replacement of a typical 75 Watt incandescent light bulb with an 18 Watt compact fluorescent light bulb will save an average of \$43 annually. Furthermore, the useful life and the illumination level generated by a compact fluorescent light bulb, is approximately four times better than an incandescent light bulb.

- Use natural daylight when possible.
- Avoid using small appliances whenever possible (i.e. use a spoon, not a mixer).

- Use small appliances instead of larger ones whenever possible (i.e. toast bread in the toaster, not in the oven). Use

Tricare


File Photo

Long term health care can be purchased through private insurers and cover a variety of programs.



Not sure if you've had too many?
I'll check for you.

THE FACTS:

- Impaired driving kills nearly 18,000 people each year.
- About 250,000 people are hurt and 1.5 million are arrested.
- Countless Americans will be affected by this violent crime in their lifetime.
- You, your friends, your family could be next.

SO BE PREPARED:

- If you drink, don't drive.
- Designate a sober driver.
- Call a taxi or ...
- Spend the night wherever you choose to celebrate.



Remember: When You Drink & Drive. You Lose.

tions such as driver's license suspension and court-ordered alcoholism treatment.

If a Soldier kills a pedestrian, he could be prosecuted for manslaughter, receive a dishonorable discharge, be reduced to Private, and face up to 10 years in prison.

Is it all worth it? Do you want your life story to become a documentary? Think about it...

If you have a question about substance abuse, email myrna.llanos@us.army.mil or call 707-3125.

appliances that have a lower wattage.

As part of the Fort Buchanan community and as a New Year's resolution, commit yourself to —

- Save energy and water.
- Turn off your personal appliances and computer equipment when not in use.
- Follow the above mentioned initiatives.

- Inform DPW through the Work Order Desk of deficiencies and water leaks so they can be fixed quickly.

For additional information regarding the Fort Buchanan Energy Conservation Program, contact Felix M. Mariani at the DPW Environmental Division, at 707-3508.


From Page 7

getting durable medical equipment, check with your region's toll-free call center about rules and coverage limitations.

Hospice —

Hospice care is available for terminally ill patients expected to live six months or less if the illness runs its normal course. A Medicare-approved program must provide the hospice care, which may include the following —

- Physician services;
- Nursing care;
- Counseling;
- Inpatient respite care;
- Medical supplies;
- Medications;
- Home health aide services; and
- Short-term acute patient care.

TRICARE Standard pays the full cost of covered hospice care services, except for small cost-share amounts the hospice may collect for drugs and inpatient respite care. Check with your regional contractor for details.

301st celebrates Christmas, maintains unit training

Story and Photos by
1st Lt. Hector Prieto
301st MP CO Commander

The 301st Military Police Company conducted their November Battle Assembly at Fort Buchanan Nov. 18 to 19. The highlights of the training were the conduct of Firearms Marksmanship Training and an Field Training Exercise.

As usual, the Family Readiness Group prepared a breakfast for the Soldiers at the beginning of the day before they began training. Following the breakfast, the Soldiers moved to the training area to receive instruction in the — Fundamentals of Firearms Marksmanship; how to plan and conduct a convoy; provide security for a convoy; how to operate a SINGARS radio and a Field Telephone; how to conduct movement techniques by a squad.

“Our goal for this Battle Assembly is to train with our rifles in preparation for the upcoming marksmanship qualification early next year. We want to get everyone as proficient as possible by utilizing all available assets, identify those Soldiers needing more attention, and help them apply the fundamentals of marksmanship so that they can qualify. It is part of our unit’s commitment to train our Soldiers in shoot, move and communication

combat skills,” 1st Lt. Hector Prieto said.

Drill instructors from Alpha and Bravo Companies, 2/321st Infantry Regiment taught the classes to the 301st MP Co. Soldiers. Both Drill Sergeant Companies entered into an agreement of mutual support with the 301st MP Company for Training Year 2007. The drill instructors set up training stations along the north Fort Buchanan fields, and the 301st Soldiers moved tactically between stations utilizing the concepts learned during the last two Battle Training Assemblies. During the afternoon, Staff Sgt. Victor Diaz-Alamo, from the 301st MP Co., took the Soldiers through rifle marksmanship skills where they engaged targets in a computerized laser scoring system that utilizes a laser beam to simulate the firing of the rifle. The Laser Marksmanship Training System is capable of taking the Soldiers through zeroing, qualification and marksmanship practice with the M-16 rifle, as well as target practice and qualification with the 9mm pistol.

“This portable system helps us set up a firearms range in any location. With as little as 20-30 feet, we can set up a practice range where a maximum of six Soldiers can engage “targets,” Diaz-Alamo, LMTS instructor, 301st MP Com-

pany, said.

Late in the afternoon the Soldiers faced squad, platoon and company combat scenarios where they were evaluated in how to conduct mounted patrols, convoys, and negotiate obstacles, ambushes, barricades, request MEDEVAC and deal with insurgents.

During the evening, the Soldiers set up tents and camped out. The field training exercise helped the Soldiers familiarize themselves with setting up new tent systems being assigned to the unit.

Sunday morning began with physical training before sunrise, followed by a well deserved shower and breakfast. The Soldiers then moved tactically from their campsite to the Engagement Skills Training located at the Training and Support Center.

Assisted by Hector “Willie” Colon, 301st personnel zeroed and qualified with their M-16 rifles while shooting at a simulated range. Colon took the Soldiers from shot grouping and zeroing all the way to qualification, while also helping Soldiers in their marksmanship fundamentals.

“The EST is a great asset to the military” Hector Colon said. “It saves on ammunition expenses, and provides a safe and convenient way

See 301st — Page 19



(Above) Soldiers utilize EST facilities to sharpen their marksmanship skills by conducting shot-grouping training, zeroing and rifle qualification exercises during a November FTX conducted by the 301st Military Police Company. (Below) Soldiers practice M-16 marksmanship with the Laser Marksmanship Training System.



Santa polices 301st MP Company

Story and Photos by
1st Lt. Hector Prieto
301st MP CO Commander

The 301st Military Police Company and its Family Readiness Group conducted their Christmas Family Day Dec. 2, at Fort Buchanan. This is the unit’s last event this calendar year, and marks the closing of the planning and restructuring of the unit since their return from Iraqi Freedom in 2005.

The days’ activities began with a 3.5 mile run before sunrise. After the run, the Soldiers were released to prepare for a

Class A inspection. Soldiers proudly wore their Class A uniforms in formation while the Commander, 1st Lt. Hector Prieto, the First Sergeant, Sgt. 1st Class Wilberto Moczo, and the Training and Operations NCO, Sgt. 1st Class Marshall Johnson inspected the Soldiers uniforms and made on-the-spot corrections. Following the inspection, the unit’s leadership conducted a class on Wear and Appearance of the Class A Uniform to refresh the Soldiers knowledge in the authorized wear of awards and appurtenances, skill badges, and marks-

See 301st Xmas — Page 19



Children pose with Santa Claus during the 301st Family Day activity on Ft. Buchanan.



Santa hugs Spc. Figueroa while posing for photographs with unit and family members. The 301st Military Police Company held its Christmas Family Day at Fort Buchanan.

DPW starts new year with garrison improvements

Yvette Robles
Ft. Buchanan DPW

Taking care of nature —
Recently, at Quarters #820 the removal of a fallen tree took place. In coordination with the Environmental Division and the Army Family Housing Division, the Roads and Grounds Branch took the limbs and tree cuttings and placed them in a nearby highly dense vegetative and forest area. Many people stopped to watch as the employees removed this huge tree. This same tree will be utilized as part of a natural habitat.

The Puerto Rican Boa inhabits natural and disturbed forests such as the northern and southern forests areas (north of Golf Course area and along the south perimeter) of the installation. The Puerto Rican boa, or culebrón, is the largest of the native species of snakes in Puerto Rico, reaching a length of 6-7 feet, although unverified reports claim that larger individuals 9-11 feet have been observed.

The color of live specimens is somewhat variable but usually ranges from tan to very dark brown, sometimes grayish, with 70-80 patches from neck to vent.

A reptile, the Puerto Rican Boa poses no threat to humans. It is a constrictor snake and is non-venomous. It is a tree climbing predator, hunting at night for small animals and bird eggs. The species is primarily nocturnal and has a seasonal activity peak during early wet season (April-June). It can sometimes be seen in trees coiled-up and sleeping during the day. The Puerto Rican boa is considered endangered because its habitat (trees and wetland areas) are being destroyed. Due to this reason, it is currently on the endangered species list by the United States Fish and Wildlife Services and it is protected by federal and state laws.

Trees are of great importance because they provide foraging sites, nesting sites, and also serve as refuges from predators. Trees that have greater surface area, such as the tree removed from Bldg. 818, are often more favorable. The key goal of the Fort Buchanan Endangered Species Management Plan is to ensure the protection of the threatened and or endangered species and their habitats which in turn result as critical to their survival. We will continue our efforts to protect our endangered species and to promote conservation of our natural resources.

New playgrounds —
As some of you may have noticed, preparations are on going at the Coqui Gardens Housing area for the installation of new Playgrounds. Army Family Housing personnel are hard at work in order to complete this task that promises to bring many hours of fun and joy to the children. Please bare with us as the old playgrounds are removed and installation begins for the new ones.

Clearing the boundary perimeter —
Recently, DPW received notice of sightings of the Rhesus monkey near the perimeter that serves as a boundary between Ft. Buchanan and the economy; in this case the city of Guaynabo. In order to provide and enforce safety measures, DPW Roads and Grounds branch conducted a "clearing the boundary perimeter" venture. Utilizing heavy equipment and personnel from the Army Family Housing Division, Juan Gonzalez Rosa, supervisor, Roads and Grounds Branch, provided guidance and expertise in order to complete the task in 4 days. Gonzalez was quoted as saying, "Everyone matters that's why it is important to get the job done, quickly but more so efficiently."



Courtesy Photos



The People of the Public Works Department

Yvette Robles
Ft. Buchanan DPW

Welcome back —
The Directorate of Public Works opens its arms to receive Maria Lopez, otherwise known as Angie. Lopez previously worked for the DPW under the former Engineering Resources Management Division at Fort Buchanan. Since then it has been transformed into Business Operations and Integration Division. She returns to DPW after a tour of two and a half years with USAG Hessen, Hanau, Germany. During her tenure in Germany, Lopez completed the transformation, implementation and integration of all functions and missions for the 104th ASG, and Base Support Battalions. She also managed, distributed and tracked an \$80 million dollar budget of the garrisons, and an \$18 million dollar BASOPS contract.

Graduating from the University of Puerto Rico with a Bachelor's degree in Industrial Engineering, Angie began her work in the private sector. However, in 1998, she became a Federal Civil servant and began to work for Fort Buchanan.

When speaking about her experiences in Germany, Angie states she can use them as a learning tool here at Fort Buchanan to better serve its' customers. Her tenure in Germany provided exposure to day-to-day operations at the ASG level. This afforded the opportunity to experience DPW functions from a MACOM perspective and to understand customers (Soldiers') needs.

Her philosophy is to keep things simple, to delegate authority and responsibility to the appropriate level, empower employees to be creative, foster a team environment where employees can feel free to share ideas and disagreements are taken constructively. Lopez strongly believes that holding individuals responsible and accountable for their work and actions will instill a positive sense of taking care of customers and their needs.

In September 2006, she received the Commander's Award for Civilian Service from the USAG Hessen CDR, Hanau, Germany, for services rendered during her tenure overseas.

Bidding farewell —



Courtesy Photo

Maria Lopez returned to work at Fort Buchanan after a two absence. She currently works in Business Operations at Buchanan's Department of Public Works.

After twenty – two years of service in the Federal Government, the staff members at the Army Family Housing Division bid farewell to one of their well respected employees and co-worker, Gloria Alvarez.

In 1985, Mrs. Alvarez began her career as secretary with the Assistant Chief of Staff for Intelligence in Washington, D.C. Although she relished the idea of working in the Pentagon, Gloria transferred with her husband and family to Puerto Rico in 1986 where she worked with the Corps of Engineers. In 1991, she transferred to the Army Family Housing Division at Fort Buchanan. Alvarez has been with us ever since. She has played a vital role in the everyday operations within the organization while fulfilling her duties as Housing Management Specialist.

Our fondest and sincerest wishes accompany Gloria as she begins a new journey in her life..... retirement.

Energy saving ideas at no cost to you

Felix M. Mariani
Environmental Division

Recent events in the country bring attention to the hard reality of not conserving energy. The price of electricity has risen steeply in parts of the U.S. this past summer, hitting the country's low-income households and small businesses particularly hard. The country's unusual hot weather, its limited energy generation, electricity transmission capacity, and growing demand have combined to significantly increase the price of electricity. The federal government is one of the largest electricity consumers in several states such as California representing approximately 2% of all electricity use. The risk of power outages as a result of electricity shortages in California has brought managers of all federal buildings to take steps to reduce consumption of power to the maximum extent practicable and minimize the use of electricity. In some cases it is not a mat-

ter of high cost, but a matter of not having electricity at all.

People may want to save energy, but are faced with the reality that they cannot afford to prepare an energy efficient home. There are many no cost and low cost practices that may help everyone reduce energy consumption while saving money.

The Fort Buchanan community can make a difference on our total energy cost. A typical home energy consumption distribution can be seen on the chart below. Once residents identify these areas, efficient energy conservation efforts may be implemented.

Air conditioning —
• Raise the thermostat between 76 and 78°F or higher. By cooling homes below the recommended temperature, Fort Buchanan wastes an average of \$15,000 annually.

• During the spring, summer and fall seasons, use fans and open windows instead of running the air conditioner. Dress in light and loose fitting clothing. Try to



keep humidity out of the house by using proper ventilation..

Water heating —

• Use less hot water. Wash clothes and run the garbage disposal with cold water.

• Take showers instead of baths.

• Use the short cycle on the dishwasher.

• Turn the water heater off after 15 minutes. Leave it off at all times when you leave home for more than one day.

• Submit a work order to repair water leaks and drips. One
See Energy — Page 13

2006 El Morro & Fort Buchanan in Review

Quality of life projects could start rolling off the drawing board

A sigh of relief ... sort of.

The moratorium imposed by Congress (HR 4205, which became Public Law 106-398 on October 30, 2000) has been eased, though not completely lifted.

The provision easing the halt on all construction on post is part of the FY 2006 Defense Authorizations Act.

The Bill (HR 1815) was introduced in the House of Representatives in April 2005; passed by the House in May. After deliberation in various committees, the Senate passed it on November 15. House and Senate conference committees then reviewed all amendments. On December 19, the House ratified the conference report. Two days later, the Senate agreed, and the bill was presented to the President on January 3, 2006. The President signed it into law (Public Law 109-163) on January 6, 2006. -- a Three Kings Day treat.

The Bill contains a "Clarification of Moratorium on Certain Improvements at Fort Buchanan, Puerto Rico." While it still states that "no acquisition, construction or extension of any facility may be initiated on post," the law now allows for exceptions such as:

- * actions necessary to maintain, repair, re-

place or convert existing facilities;

- * construction of Reserve Component and nonappropriated fund facilities;

- * construction of facilities supporting Department of Defense education activities and

- * any construction or extension required to support the installation of communication activities.

In layman's terms, what does this represent for Fort Buchanan?

It means that the amendment will allow for a number of projects that were on hold to proceed. Some of the projects include installation of emergency power generators, building of sidewalks, placing storm shutters, building handicap access ramps and of course the repairs or minor construction work needed to replace, maintain or even convert existing facilities.

About two dozen construction projects representing an investment of over \$51 million were on hold. Among them were the construction of a new Child Development Center, a Training center, a new Vehicle Maintenance Shop, a new outdoor swimming pool, new facilities for the Directorate of Emergency Services (formerly the Provost Marshal Office) and an expansion and renovation of the Fitness Center. Each of



these projects will be carefully re-examined, case by case. Pending legal review and the availability of funds, we could start seeing some of them being built during 2006.

But the work is not done yet.

Fort Buchanan and influential sectors of the local community will continue their efforts to achieve a total lifting of the moratorium. The command is thankful for the efforts of all who in one way or another have helped in achieving this partial victory.

March 2006 Surgeon General: Health Clinic 'needs to stay open'

The TOP DOC of the Army met with the leadership of Fort Buchanan, the Army Reserve, the Rodriguez Army Clinic, Puerto Rican National Guard, and the Civilian Aide to the Secretary of the Army, as well as a representative from Puerto Rico legislature on Feb 25 here, to assuage rumors that the local clinic would shut its doors.

Lt. Gen. Kevin C. Kiley, U.S. Army Surgeon General, listened to those gathered which included —

Brig. Gen. Jose M. Rosado, Commanding General 65th Regional Readiness Command; Col. Stephen Ackman, Commander U.S. Army Garrison; Maj. Gen. (Ret) Felix A. Santoni, CASA; Dr. Miriam Ramirez de Ferrer, Puerto Rico State Legislature representative; Col. Margarita Aponte, Commander Rodriguez Army Clinic; Lt. Col. Rafael Rodriguez-Mercado, 65th RRC Command Surgeon; and Lt. Col. Marta Carcana, Deputy State Surgeon Puerto Rico State Surgeon.

Former State Senator, Dr. Ramirez de Ferrer told the Surgeon General that the Puerto Rican Soldiers are true patriots who

are willing to serve whenever our nation calls.

Brig. Gen. Jose M. Rosado along with Col. Stephen Ackman reminded Lt. Gen. Kiley that Soldiers from Puerto Rico, both the Army Reserve and National Guard, have consistently been among the top force providers in the GWOT.

But any doubts that may have existed at the beginning as to the future of the clinic where quickly laid to rest when Lt. Gen. Kiley began to speak.

"Puerto Rico has played a significant role in the Global War on Terrorism and shutting down this clinic at this time would be sending the you have made, because I realize these Soldiers need to be given all the support they can get," said Ackman.

The hope is that a true One Army concept takes place at the Rodriguez Army Clinic whereby assets from the Army Reserve and National Guard combine their resources and personnel with the Active component to continue to provide the exceptional service they do for our men and women in uniform.



Sgt. John Gonzalez

The Surgeon General at his meeting Feb. 25 with Garrison, US Army Reserve, Government, Legislative and Health Clinic representatives.

April 2006 Runners set records at 7th Annual 10K run in San Juan



Vicente Velez

More than 13,000 runners from thirty countries and Puerto Rico await the starting signal to begin the World's Best 10K run held in San Juan each year.

Melissa Zayas
El Morro Staff

Starting from Puente Teodoro Moscoso Bridge near Luis Muñoz Marín International Airport Feb. 26, a group of eight civilians from the Ft. Buchanan Fitness Center and a group of 147 Soldiers from the Puerto Rican National Guard along with Puerto Rican runners and competitors from around the world in one of the biggest races held in Puerto Rico — the seventh annual "World's Best 10K Race." 13,618 runners registered this

year coming from 30 states, as well as different municipalities in Puerto Rico and more than ten countries including Kenya, Australia and Canada. It was a day full of emotions and community spirit.

The race was televised by all the media in Puerto Rico, and "Televisi-centro and Wapa América" broadcast the event in the United States. ESPN Sports was also present at this fantastic 6.2 mile run.

Lornah Kiplagat from Kenya, first place in the women's category, clocking in with a time of 30:49:35 seconds. This was the fifth best fin-

ish in race history and her second best time for this race.

The winner of the men's race was Wilson Kiprotich, also from Kenya. He crossed the finish line in 27:43:85 seconds; a better time than he ran last year.

The first Puerto Rican man crossing the finish line was César Lam from Aibonito, who finished in 30:08:20 seconds. Lam is ranked number 16 in the 10k among international runners. The first place Puerto Rican woman was Zenaida Maldonado from Utuado; she finished with a time of 37:02:65.

2006 El Morro & Fort Buchanan in Review

May 2006 Army Reserve at 98 still ready

Lt. Gen. James R. Helmly
Chief, Army Reserve

WASHINGTON — On April 23, the Army Reserve turns 98 years old. But instead of being an aging relic of the 20th century, the Army Reserve is, at the ripe old age of 98, a changed, responsive and still-changing force, increasingly ready to meet the challenges of the 21st century.

Birthdays are about change, maturing and progression. The Army Reserve has endured change since its birth, always adapting itself to the challenges and realities of the time.

From World War I, through

World War II, Korea, the Cold War, Operation Desert Storm and this current Global War on Terrorism, Army Reserve Soldiers have served our nation with distinction, skill and professionalism.

Since the beginning of this war on Sept. 11, 2001, the Army Reserve has undertaken deep and profound change — more so than at any time in its history. We have had to turn away from what we've thought were the tried and true methods of conducting warfare — our terrorist enemy has reminded us that change is necessary and inevitable.

This new enemy reminds

us that the linear battlefield no longer exists. They enforce the adage that size does not always guarantee victory, but rather a force that is willing to adapt will be victorious in the end.

The Army Reserve needed to grow leaner, stronger and more relevant.

These changes have not been easy. We've taken 10 Regional Readiness Commands and realigned them into four Regional Readiness Sustainment Commands, allowing more manpower to be put back into the fighting force. We have established operational and functional commands to reduce the number of

non-deployable headquarters.

We have created Army Reserve Expeditionary Force packages that support the Army's Force Generation Model.

Your ability to adapt during this unprecedented time proves again the quality of our all-volunteer Army.

Since 9/11, over 150,000 Army Reserve Soldiers have answered the call to duty by being mobilized, with more than 25,000 answering the call at least twice.

These are clearly hallmarks of heroes. We are no longer "Army Reservists" — we are Army Reserve Soldiers!



Col. Randy Pullen

Lt. Gen. James R. Helmly, Chief of the Army Reserve, administers the reenlistment oath to 40 Army Reserve Soldiers during a ceremony at the U.S. Capitol.

June 2006 Elmo assumes command

Staff Sgt. John Gonzalez
65th RRC Public Affairs

FORT BUCHANAN, Puerto Rico — The 65th Regional Readiness Command witnessed the passing of an era and the dawning of a new future with the ceremonial change of command held at the 65th RRC headquarters building.

Brig. Gen. Jose M. Rosado, outgoing 65th RRC commanding general, passed on the mantle of command to incoming commander Col. (P) David S. Elmo in front of the Headquarters and Headquarters Company.

The new commander, who hails originally from New York, currently lives in Havana, Cuba, where he works as a Foreign Service Officer for the U.S. Interest Section.

Soldiers of the 65th RRC received a preview of the incoming

commander and his respective philosophies on service.

Brig. Gen. Jose Rosado took the opportunity to thank all the Soldiers for their hard work and dedication.

"It has not been easy these last four years, but I thank you for your devotion and commitment in always striving for success," Rosado said.

Col. Elmo (now a brig. general) enthusiastically greeted the PRimeros and introduced himself simply as "...I am an American Soldier," then he proceeded to recite the rest of the Soldier's Creed. When he finished he said,



Staff Sgt. John Gonzalez

Incoming commander Col. (P) David S. Elmo takes the 65th Regional Readiness Command colors from Brig. Gen. Jose M. Rosado, outgoing 65th RRC commanding general at a ceremonial change of command.

"...that is who I am and the values that I live by, that is our creed and what defines each and every one of us who wears this uniform."

Then when he was finished, speaking in perfect Spanish he added, "Hoy, yo soy Boricua."

July 2006 Velez retires after 28 years

Marc McCormick
El Morro

The weather gave Fort Buchanan a break June 26; it was the perfect setting for the retirement ceremony of Command Sergeant Major Alberto Velez following twenty-eight years of Army service.

"This is a significant day in the life of Alberto Velez," Commanding Officer Col. Stephen M. Ackman began. "He is a collaborator; not just a subordinate," Ackman said. "He is a battle buddy; not just an employee. He is a member of the command group."

"Only those who dare to fail greatly can ever achieve greatly," Velez said, quoting Kennedy. "And, I want to say that we can all help when we help each other. I believe that when we (personally) fail, we fail each other."

Velez's parting words as he



Leo Martinez

CSM Alberto Velez retired after 28 years on June 13, 2006.

left the Army were - "I have three rules for success," he said. "First, know your job. Second, Obey the rules and regulations and third, be on time."

August 2006 Plaza new DGC

Marc McCormick
El Morro

Fort Buchanan now has a new deputy garrison commander. Maj.(P) Jose Plaza has returned to Buchanan for a third time now in the capacity of the DGC.

Formerly, Plaza was stationed at Buchanan in December 2004.

Following a year here as the Adjutant General, he was then transferred to Fort Belvoir where he was responsible for standing-up a unit for the Army Vice Chief of Staff.

This Puerto Rican native will use his years of expertise both with the Army and the Puerto Rican National Guard and Puerto Rican people to further the good relations between Buchanan and the community in addition to implementing the garrison's strategic plan.

Plaza, since assuming his new position, has been promoted to lieutenant colonel.



Marc McCormick

Maj.(P) Jose Plaza returns in the capacity of deputy garrison commander. Plaza had this to say, — "My pledge to the civilians and Soldiers and customers here is to provide first class support to all of our customers not only for Fort Buchanan but also for all of Puerto Rico."

September 2006 DOIM hosts 1st IA Symposium

Marc McCormick
El Morro

DOIM held its first annual Information & Technology Expo August at the Community Club. Put together by Justin Gehrke, the expo had displays and demonstrations from each section of DOIM.

Part of the purpose of the DOIM expo was also to give a presentation to the workers of the garrison about DOIM, its mission and the areas that concern them most.

Gehrke provided the training on web security, information assurance and overall security.

"Maintaining the integrity of the net is my main concern," Gehrke said. "My job is not only to prevent unauthorized access to our service but also to insure that personnel are not misusing the net."

Gehrke went through the necessity of



Joe Bonet

Justin Gehrke, chief, information assurance, DOIM, provided training and information for Fort Buchanan workers at the 1st Annual IA Symposium & Info Expo.

screening computers systems in the age of terrorism, misuse and fraud using examples of net compromising in the past.

"Security is our first concern," he said.

It was the first time that the people of the garrison and technology came together at Fort Buchanan where workers could see how they interfaced with the system, the effect of their computer use and understand what their responsibilities to maintain the integrity of the system is.

2006 El Morro & Fort Buchanan in Review

October 2006 Buchanan police officers undergo intense training

Marc McCormick
El Morro

Recently, the Fort Buchanan Department of the Army Police and other island agencies and personnel participated in what is termed felony pursuit and arrest techniques training.

When a felony arrest warrant is issued, all police potentially may come in contact with the suspect.

The training, provided by St. Petersburg College Southeastern Public Safety Instructors, provided real world car extraction techniques and methods of handling suspects.

The most dangerous aspect of a po-

lice officer's life is the vehicle stop. No traffic stop is routine and probably more officers are killed each year during a 'routine' stop as from any other cause.

Accordingly, officers constantly are training in proper, safe techniques in stopping a vehicle and extracting the suspect with no danger to themselves or the suspect.

Depending on the condition of the suspect at the time of apprehension (drunk, sober, mad, resigned, etc.) the officer has a full range of methods to secure the suspect from the mildest to the necessary force to take the suspect into custody.

The St. Petersburg instructors taught the officers various hand and body moves to subdue a suspect and also how to use their batons in the submission of the suspect as well as using handcuffs to immobilize the suspect.

Each officer was given a chance to be both the arresting officer and the suspect.

They also practiced hot pursuit of the vehicle containing the suspect.

It is this kind of professional training that maintains the skills of the Buchanan Department of the Army Police Officers and makes their lives safer in executing any warrants they be called upon to complete.



Joe Bonet

Instructors from St. Petersburg College demonstrates the safe way to open the trunk of a vehicle that has been stopped in execution of a felony warrant.

November 2006 Army activates IMCOM, improves support

Ned Christensen

ARLINGTON, Va.— The Army activated the Installation Management Command Oct. 24 to consolidate and strengthen installation support services to Soldiers and their families through the full authority of command.

Lt. Gen. Robert Wilson assumed the IMCOM command at a Pentagon ceremony hosted by Lt. Gen. James

Campbell, Director of the Army Staff. The new command places the former Installation Management Agency, the former Community and Family Support Center and the Former Army Environmental Center under a single command as a direct reporting unit.

"Today we take the next step in the evolution of Army installation management... in order to create a more

efficient, effective and agile organization to ensure the best Army in the world is supported by the best installations in the world," Wilson said.

Campbell drew a parallel between the IMCOM and the new "Army Strong." He defined "strong" as the ability to take stand up for oneself, while "Army Strong" is the ability to stand up for everyone else.

(Left to right) Brig. Gen John A. Macdonald and CSM Willie Ash Jr. unfurl the new IMCOM flag. IMCOM made the full reorganization from its prior command structure Oct. 26.



Ned Christensen

December 2006 PRimeros Soldiers make historic jump earn wings

Staff Sgt. John Gonzalez
65th RRC Public Affairs

FORT BENNING, Ga.— History was made over the cloudy skies of Georgia Nov. 8, when two Soldiers from the 65th Readiness Regional Command jumped into the record books by being the very first from the Army Reserve Command Puerto Rico in recent history to ever earn their jump wings.

Sgt. 1st Class Luis A. Padilla and Sgt. Misael Alvarez both successfully completed the physically arduous three weeks and mandatory five jumps to finally be able to pin on their silver wings, designating them both as paratroopers.

There is an old adage that goes, if you want something bad enough keep trying until you achieve it, and for one of these Soldiers trying to go to airborne school has taken him almost an entire career

"This was a lifelong dream for me, I have been trying to go since I first entered the Army, I never thought I would get the opportunity," Padilla said.

For Alvarez, who will have four years in the Army Reserve this December, going to airborne school was an opportunity too good to be true.

"I am so happy to have been given this chance to go to airborne school, I never imagined that I would be able to go from

Puerto Rico," Alvarez said.

The truth of the matter is that until not too long ago the thought of two "PRimeros" going to airborne school from the Army Reserve in Puerto Rico was like sending people to Mars, it technically could happen but the chances of it occurring were slim to none.

Since the inception of the Army Reserve on the island, the only people who wore jump wings were those who obtained them prior to arriving at the command.

Locally, as a Combat Support and Combat Service Support command, and given the type of units available, the mind set was that airborne training was not

within mission parameters, so the idea of sending someone to the school meant allocating valuable training resources on a non-essential pursuit. But with the Army's transformation and its renewed emphasis on Warriors Ethos, schools and programs like Airborne, Air Assault, Ranger, Special Forces, and Pathfinder, "HOoooAH schools" as they are called in the Army, are seeing a renaissance with more Puerto Rican Soldiers applying.

"Anytime you offer the Soldier a challenge, in this case airborne training, the Soldier will rise to the occasion, the worst thing that we can do is provide second class training for our Soldiers," Lazaro said.



Staff Sgt. John Gonzalez An exhilarated Sgt. Misael Alvarez, shuffles back from the drop zone moments after making his first airborne jump



Courtesy Photo

In appreciation...

The Westin Hotel in San Juan created a special Christmas display in honor of deployed Soldiers.



Joe Bonet

Ready, willing, able...

Continuing their professional partnership, Fort Buchanan DES and their Puerto Rican counterparts trained together throughout the year.



Courtesy Photos



Season ends...

Dec. 14 at the Flag Football finals at Maxie Field USCG defeated the BUCS 20-0. (Top) USCG finished the season undefeated. The BUCS (Bottom) were the runner-up.

301st From Page 14



301st Soldiers utilize cover and concealment during Movement in Tactics Training portion of the field training exercise at Fort Buchanan recently.

for the Soldiers to practice with their firearms.”

“This is a great system, but sadly it is underused. At TASC we would like more units to come train with use here,” Colon added.

The Training and Support Center is located in Bldg. 607. Their phone numbers are 707-3502/3074.

MEPS From Page 1

“A life is not important except in the impact it has on other lives.” “The Jackie Robinson quote really becomes tremendously important not because Jackie Robinson and his contributions but it really becomes important it reminds us, as King (Martin Luther King jr.) said, “We are connected by a single garment of destiny.” Price then explained, “Jackie’s quote really brings that point to life.

Referring to the personnel who work at MEPS, he said, “Perhaps no job provides a greater impact on youth and MEPS like these people every single day, and it’s not just this station, it’s all sixty five of them.”

“They’re touching hundreds of thousands of kids every single day,” he said. “And the reality is that kids never come back to say thank you; that your encourage-

ment was wonderful. Kids never come back and say, ‘I was a little apprehensive about the task that was ahead of me’ - basic training, leaving home, the fear of the unknown. ...And the reality is that this is almost a rite of passage, of sorts, in the MEPS into manhood... They tend to remember the beginning, the recruiter and the end which is the drill sergeant but not that middle person - we are that person (MEPS).”

Price is proud of the effort that MEPS brings to the total enlistment package.

MEPS is the linkage between the recruiter and basic training and the assessment, testing and medical qualifying performed by MEPS determines the quality of enlistee who will become part of the premier military establishment in the world.

King From Page 1

finding ways to simplify their essence and package them attractively.

But of course Dr. King wasn’t selling consumer products or even partisan political ideas. His sales job was a test of character, not just of advertising skills.

Three things distinguished Martin Luther King Jr.

One was his courage — his willingness to act on his convictions in spite of the costs and the dangers.

Second, Dr. King challenged this nation to “live out the true meaning of its creed.”

By creed he meant our shared and deeply held belief that all people are created equal and they have certain inalienable rights, including the right to life, liberty and the pursuit of happiness.

The third distinctive thing about Dr. King — and about all great moral leaders — was his inclusiveness.

We are a nation in the making.



Jan. 15, 1929 — April 4, 1968

And each of us has a role in the making of it. Each of us carries within us a fragment of Martin Luther King’s dream.

The Martin Luther King holiday, of all days, is the time to affirm that we Americans share a common vision.

All you need is your good will, your voice and a willingness to say out loud to someone else that you too have a dream.

301st Xmas From Page 14

manship badges. “We have not had a Class A inspection in a while. It is good for the Soldiers to receive instruction in the proper wear of the Class A uniform in preparation for leadership and promotion boards” noted Johnson, as he taught the Soldiers during their NCO and Officer Professional Development class. Proper wear of the Class A uniform is vital for some of the support roles required of the 301st. The company supports the 65th Regional Readiness Command with a Color Guard Team for Change of Command and other military ceremonies. They also support USARC and the PR National Guard with a funeral Honor Guard Team responsible of receiving and escorting the nation’s fallen heroes upon their arrival on the island and other Caribbean locations to their place of rest.

After the class, the Soldiers were released to change into civilian attire and pick up their family members to participate in the Family Day Christmas activities. Beginning at noon, family members came from towns as far away as Mayaguez, like the Guzman-Trabal family did, to support their son and 301st Soldier Spc. Jose Y. Guzman-Trabal; from Coamo, as the spouse of 1st Lt. Carlos Rivera did, and the spouse of Spc. Jose Crespo, wife Leticia Cruz and children from Quebradillas; or the parents and family of 1st Lt. Hector Prieto did.

Sgt. Victor Sierra provided music and karaoke for the families. At the introduction and invocation, Prieto thanked the unit for their support and great work. “I began with the 301st in January this year. This activity marks a year with you, and I want to thank you for the great opportunity you have given me to lead you. My wife, my family and I are very happy to belong to this family. We all have done good things here, and are looking forward to another year in which to do better and greater things together.”

He then asked the Soldiers and families to keep in their mind and prayers those Soldiers, family members and guests who could not attend the activity. Among these were — Sgt. Leo-



(Left to right) Yajaira Navarro, Maria Grajales, Deborah Ruiz, Clara Martin, Sgt. Carmen Hernandez and Marlene Rivera, the 301st MP Co. Family Readiness Group Leadership members, pose with Santa.

nel Rodriguez’s elder son, who was hospitalized; 1st Lt. Jose Massanet’s wife, and Mrs. Sonia Roca, Fort Buchanan FRG Programs Leader who was also hospitalized.

The families were then invited to come forward and participate in the Christmas meal put together by the AGR members of the unit and the FRG. Arroz con gandules, arroz con pollo, pavo asado, ensalada verde, majarete and flan de queso were some of the traditional delicacies offered to the 301st families.

Shortly after the meal, the 301st were visited by the life of the party, their very own Santa Claus. Santa arrived in the back of a humvee escorted by a Department of the Army police car. Dressed in the traditional red and white outfit, but with desert boots, a camouflaged “Santa hat”, and wearing Command Sergeant Major’s chevrons, Santa entertained the children providing them candy bags he pulled out of a green “laundry bag” and by posing with them and their families for photographs. Many of the Soldiers and leadership of the unit could not resist the temptation to sit on Santa’s lap to tell him what they wanted to receive for Christmas and have their photograph taken. The photos speak for themselves. Santa also made

use of his “stripes” by holding a unit formation and have the Soldiers drop and do push-ups in the spirit and tradition of the Army. At the end of the day, after clean-up, the commander and first sergeant conducted a safety briefing.

Afterwards, they moved through the ranks shaking each Soldier’s hand and wishing each individual Soldier ‘Happy Holidays’ and thanking them for their support during the year.

The 301st Military Police Company wishes to thank their AGR personnel for their support with the activity — Sgt. 1st Class Marshall Johnson, Staff Sergeant Wilfredo Aqueron, Sgt. Leonel Rodriguez and Cpl. Moises Melendez; their Family Readiness Group Leadership — Deborah Ruiz, Marlene Rivera, Claudia Marin, Maria Grajales, Yajaira Navarro, and Sgt. Carmen Hernandez, without whose leadership and coordination this event would not have been possible; Sgt. Victor Sierra who provided the music and entertainment for the unit, Spc. Elvin Rivera, the unit’s very own Santa and guidon bearer; and the Soldiers and family members of the 301st for supporting the event.

Merry Christmas and a New Year 2007 full of blessings, peace and prosperity to all!

Command Sergeant Major Santa “drops” Soldiers of the 301st Military Police Company for a few yuletide push-ups following the unit’s field training exercise at Fort Buchanan. The training was part of mandatory marksmanship and tactics required for unit readiness.

Following the exercise, Soldiers and their families gathered together for a Family Day activity that included the visit by Santa.

Santa posed for pictures with the children, families and Soldiers during the festivities.





Caribbean Scoop!

a taste of events to come...



AUTOMOTIVE SKILLS CENTER

Ladies Night at the Automotive Skills Center

Every Thursday from 4 - 8 pm...

4 Jan: 1/2 Price Wheel Alignment

11 Jan: 1/2 Price Autolift Usage

18 Jan: 1/2 Price Diagnostics Test

25 Jan: 1/2 Price Autolift Usage

For details call 787-707-3972. Hours of operation are Mon, Wed and Fri from 9 am - 6 pm. Tue and Thu from 10 am - 8 pm; Sat, from 8 am - 5 pm; Sundays Closed.

MWR LIBRARY

Computer Orientations @ the Library

The library will be offering computer orientations on different subjects the first Wednesday of each month at 2 pm to assist customers in accessing public computers. Our next orientation will be Wed, 10 Jan, 07.

Pre-School Story Time

The Library offers pre-school story time along with a craft twice a month from 3-4 pm. The dates for January are the 10th and 24th at 3 pm. The theme for the 10th is "Cat Crafts", and for the 24th "Pet Grooming".

ARMY COMMUNITY SERVICE

Relocation Readiness Program

Visit to the Puertorrican Museum of Art

Thursday, 11 January, 9 am - 1 pm. Leaving from ACS Bldg. 1019, Buchanan Heights at 9 am. Come and have the opportunity to admire paintings from the Colonial era by José Campeche, a Puerto Rican illustrious painter. Entrance fee is \$5. Reservations required for the trip.

Newcomer's Info Fair & Tour

Wednesday, 31 January, 7:30 am - 2 pm. An introduction to the installation's activities from 7:30 - 8:30 am. Leaving from the Community Club & Conference Center at 8:40 am for a tour of Old San Juan and El Morro Fortress. Returning at approximately 1:30 pm, Tour is free except for the cost of lunch. For reservations or more details & to register on classes/trip call: Ms. Lucca, RRP Manager at 787-707-3682/3697.

Financial Readiness Program & Army Emergency Relief

Principles of Personal Finance

Thursday, January 26 • Classes from 10 - 11:30 am at ACS, Bldg. 1019-D. Call Ms. Arlene Romero, FRP Manager at 787-707-3310 or arlene.romero@us.army.mil

The MG James Ursano Scholarship Fund
Administered by Army Emergency Relief was established to help Army families with the cost of post secondary undergraduate level education, vocational training and preparation for acceptance by service academies for their dependent children. The scholarship funds may be used to assist with tuition, fees, books, etc. The application for academic year 2007-2008 is available at www.aerhq.or. For more information call 787-707-3310 or arlene.romero@us.army.mil

COMMUNITY CLUB & CONFERENCE CENTER

Breakfast

• Tuesday - Friday, 6:30- 9 am.
\$5 per person

International Variety Lunch

• Tuesday - Friday, 11 am - 1 pm.
\$6.25 per person.

Catering Services

• Tuesday - Friday, 8 am - 3 pm.
Saturdays by appointment only.
For info & apps. call 787-707-3535, x-206

Bingo Nights

• Tuesday & Thursday 6 pm
(Cards sold at 5:30 pm)

Friday Social Evenings

The Zone: Free admission, OPEN: 4 pm - 1 am, featuring DJ Music.

CHILD & YOUTH SERVICES

YS Soccer Season Closing Event

Saturday, 10 February '07. Time & place-TBA
Sponsored by: Powerade. For more information call YS Sports at 787-707-3466.

Middle School Program

Back-to-School Dance

Friday, 19 January '07 • Time & Place - TBA

Teen Center

First Teen Dance of 2007

Friday, 26 January '07 • Time & Place - TBA

Christmas Tree Lighting & HOLIDAY CELEBRATION 2006

THANK YOU SPONSORS

Your contributions were the corner stones that turned this event to the direction of success!

The Fort Buchanan community and the Directorate of Morale, Welfare and Recreation are very grateful...

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